

November 2021

High School Menu Kalispell Public Schools Food Service



Winter Squash

Lunch includes: protein option, whole grain option, seasonal fruit, Veggie, and milk.

Breakfast Includes: protein, grain, milk, and fruit.

Milk Choices: Skim, 1% and 1% chocolate

All breads, tortillas and grains are at least 50% whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Free for 21-22 School Year, All Students Adult: \$2.00	Egg, Ham n Cheese English Muffin OR Homemade Muffin with a String Cheese	Breakfast Burrito OR Pancakes and an 8 oz Fruit Smoothie	Oatmeal OR WG Cereal Fruit and Milk, Yogurt or String Cheese	Cheesy Eggs and a WG Bagel OR Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin OR WG Cereal
	Available Daily: Cereal, Seasonal Fresh Fruit, Choice of Milk, Ubr Bar or Benefit Bar, Hard-Boiled Egg, Whole Grain Fruit Muffin, Whole Grain Bagel with Cream Cheese TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk				
Home Style Cooking Menu LUNCH: Free for 21-22 School Year, All Students Adult: \$3.50 Milk \$0.45 Now Local: Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!	1 Mac 'n' Cheese w/ Broccoli and Dinner Roll	2 <u>Chicken Patty on WG Bun</u>	3 Thai Budda Bowl	4 Pizza Burger w/ Baked Chips	5 Turkey Bacon Wrap
	8 Pulled Pork w/ BBQ Sauce on WG Bun	9 Italian Pasta Bowl w/ Dinner Roll	10 Chicken Waffle w/ Country Gravy	11 Beefy Burrito	12 Chicken Caesar Wrap
	15 Enchilada Casserole	16 Buffalo Chicken Bowl	17 Monte Cristo w/ Syrup and Jam	18 Turkey Gravy w/ Mashed Potatoes and Dinner Roll	19 Cheeseburger Wrap
	22 Meatball Subs w/ Marinara and Mozz	23 Corn Dog w/ Baked Chips	24 NO SCHOOL 25 HAPPY THANKSGIVING!! 26		
	29 Cooks Choice	30 Cooks Choice			
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit				
Menu subject to change without notice, due to price and availability.					
Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty	Corn Dog and Baked Chips	Grilled Cheese Sandwich Baked Chips
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
	Available Daily: Cheese & Pepperoni Pizza				
Deli Menu	-Crunch Hawaiian Chicken Wrap -Caesar Salad w/ chicken	- Tuna Salad Sandwich -Greek Salad with Garbanzo and Feta	Spinach Salad with Hardboiled Egg and Cheese	Egg-Salad Sandwich Caesar Salad with Chicken	Pita Hummus Plate Taco Salad with WG Chips
	Available Daily: Assorted Deli Sandwiches, PB & J, Veggie Wrap with Hummus & Cheese Deli Salad with Meat & Cheese, Vegetarian Spring Mix & Spinach Salad				
Soup Menu	Chicken Tortilla	Beef and Barley	Chicken Noodle or Vegetarian Vegetable	Broccoli Cheddar	Chicken with Wild Rice
	Soup (and Fruit/Veg) or Salad as a Full Student Meal come with Milk, a Roll, or Whole Grain Bread.				
Available Daily: Lettuce Mix, Carrots, Broccoli, Black Beans, Kidney Beans or Garbanzo Beans, Broccoli, Tomatoes, Cucumber, Celery					

Salad Bar	Assorted items available throughout the week: Quinoa, Barley, Lentil Salads, Pasta Salad Potato Salad, Radishes, Snap Peas, Bell Peppers, Celery, Zucchini, Lentil Hummus, Cauliflower, Green Beans, Other Seasonal Vegetables and Fruit
------------------	--