

# December 2021

## High School Menu Kalispell Public Schools Food Service



### Lentils

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
<b>BREAKFAST</b> <b>Free for 21-22 School Year, All Students</b> Adult: \$2.00	Egg, Ham n Cheese English Muffin <b>OR</b> Homemade Muffin with a String Cheese	Breakfast Burrito <b>OR</b> Pancakes and an 8 oz Fruit Smoothie	Oatmeal <b>OR</b> WG Cereal Fruit and Milk, Yogurt or String Cheese	Cheesy Eggs and a WG Bagel <b>OR</b> Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin <b>OR</b> 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 <b>TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk</b>				
<b>Home Style Cooking Menu</b>  <b>LUNCH:</b> <b>Free for 21-22 School Year, All Students</b> Adult: \$3.50 Milk \$0.45  <b>Now Local:</b> Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!			1 Thai Buddah Bowl	2 Meatball Subs w/ Sauce and Mozz	3 Turkey Bacon Wrap
	6 Chicken and Waffle w/ Country Gravy	7 Beef Tacos, w/ cheese, salsa and sour cream	8 Buffalo Chicken Bowl	9 Pizza Burger w/ Baked Chips	10 Chicken Caesar Wrap
	13 Pulled Pork w/ BBQ Sauce/ Coleslaw	14 Lentil Soup w/ Dinner Roll	15 Enchilada Casserole	16 Monte Cristo Sandwich w/ Syrup and Jam	17 Cheeseburger Wrap
	20 Corn Dog w/ Baked Chips	21 Cooks Choice	22 Cooks Choice	23 NO SCHOOL	24
	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL
	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.				
<b>Grill Menu</b>	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty	Corn Dog and Baked Chips	Grilled Cheese Sandwich Baked Chips
<b>Pizza Menu</b>	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
	Available Daily: Cheese & Pepperoni Pizza				
<b>Deli Menu</b>	-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				
<b>Soup Menu</b>	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.				

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