

# January 2022

## High School Menu Kalispell Public Schools Food Service



### Carrots

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><br><b>Free for 21-22 School Year, All Students</b><br>Adult: \$2.00   | Egg, Ham n Cheese English Muffin<br><b>OR</b><br>Homemade Muffin with a String Cheese  | Breakfast Burrito<br><b>OR</b><br>Pancakes and an 8 oz Fruit Smoothie | Oatmeal<br><b>OR</b><br>WG Cereal<br>Fruit and Milk, Yogurt or String Cheese | Cheesy Eggs and a WG Bagel<br><b>OR</b><br>Pancakes and an 8 oz Fruit Smoothie | Egg n Cheese English Muffin<br><b>OR</b><br>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<br><b>TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk</b> |   |  |  |   |
| <b>Home Style Cooking Menu</b><br><br><b>LUNCH:</b><br><b>Free for 21-22 School Year, All Students</b><br>Adult: \$3.50<br>Milk \$0.45<br><br><b>Now Local:</b><br>Burgers<br>Beets, Potatoes, , Pesto, Carrots<br>Lentils, Apples and more! | 3<br>NO SCHOOL   | 4<br><u>Chicken Patty on WG Bun</u>                                   | 5<br>Thai Buddah Bowl  | 6<br>Pizza Burger w/ Baked Chips   | 7<br>Turkey Bacon Wrap                                |
|  | 10<br>Mac 'n' Cheese w/ Dinner Roll  | 11<br>Pulled Pork w/ BBQ Sauce on WG Bun                              | 12<br>Buffalo Chicken Bowl   | 13<br>Beefy Burrito  | 14<br>Chicken Caesar Wrap                             |
|  | 17<br>NO SCHOOL/PIR DAY  | 18<br>Corn Dogs w/ Baked Chips  | 19<br>Italian Pasta Bowl   | 20<br>Chicken Tenders w/ Dinner Roll w/ BBQ or Ranch                           | 21<br>Cheeseburger Wrap                               |
|  | 24<br>Meatball Subs w/ Marinara and Mozz   | 25<br>Lentil Soup w/ Cornbread  | 26<br>Monte Cristo Sand w/ Syrup and Jam                                     | 27<br>Enchilada Cassrole   | 28<br>Veggie Hummus Wrap                              |
|  | 31<br>Cooks Choice   |   |  |  |   |
|  | A school lunch includes: 750-850 calories: 1 <b>cup milk</b> , 2 <b>oz. protein</b> , 2 <b>oz. grain</b> , 1 <b>cup veg.</b> , 1 <b>cup fruit</b>  |   |  |  |   |
|  | 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<br>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<br>-Caesar Salad w/ chicken  | - Tuna Salad Sandwich<br>-Greek Salad with Garbanzo and Feta          | Spinach Salad with Hardboiled Egg and Cheese                                 | Egg-Salad Sandwich<br><br>Caesar Salad with Chicken                            | Pita Hummus Plate<br><br>Taco Salad with WG Chips     |
|  | Available Daily: Assorted Deli Sandwiches, PB & J, Veggie Wrap with Hummus & Cheese<br>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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