

# May 2022

## High School Menu Kalispell Public Schools Food Service



### Leafy Greens

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!	2 Sloppy Joe on WG Bun	3 <u>Corn Dog w/ Baked Chips</u>	4 Buffalo Chicken Bowl	5 White Chicken Chili w/ Dinner Roll	6 Turkey Cheese Wrap
	9 Chicken Tenders w/ Dinner Roll	10 Beefy Burrito	11 Italian Pasta Bowl	12 Chicken Patty on WG Bun	13 Hot Ham and Cheese Sandwich
	16 BBQ Pulled Pork on WG Bun	17 Beef Taco w/ Cheese	18 Thai Peanut Bowl	19 Local Hot Dog on WG Bun w/ Baked Chips	20 Chicken Caesar Wrap
	23 Mac 'n' Cheese w/ Dinner Roll	24 Meatball Sub w/ Marinara and Mozzarella	25 Lentil Soup w/ Dinner Roll	26 Turkey Gravy w/ Mashed Potatoes Dinner Roll	27 Cheeseburger Wrap
	30 No school Memorial Day	31 Monte Cristo w/ Syrup and Jam			
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit				
<b>Menu subject to change without notice, due to price and availability.</b>					
<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
	<b>Available Daily: Cheese &amp; Pepperoni Pizza</b>				
<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
	<b>Available Daily: Assorted Deli Sandwiches, PB &amp; J, Veggie Wrap with Hummus &amp; Cheese Deli Salad with Meat &amp; Cheese, Vegetarian Spring Mix &amp; Spinach Salad</b>				
<b>Soup Menu</b>	Chicken Tortilla	Beef and Barley	Chicken Noodle or Vegetarian Vegetable	Broccoli Cheddar	Chicken with Wild Rice
	<b>Soup (and Fruit/Veg) or Salad as a Full Student Meal come with Milk, a Roll, or Whole Grain Bread.</b>				

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