

August/Sept 2022

Elementary School Menu Kalispell Public Schools Food Service

Lunch includes: entrée listed below, fruit, veggie and milk

Hummus and Roll OR Peanut-Butter (or Sunbutter) and Jelly Sandwich available as a substitution with advance request.

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.



Cherries



	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH MENU: Breakfast Student \$1.75 Reduced \$0.30 Adult \$2.00 Lunch Student \$3.00 Reduced \$0.40 Adult \$3.50 Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!	For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443.				
			August 31 Hoagie Sandwich with Fruit, Veggie and Milk	Sept. 1 WG Chicken Patty on a WG Bun with Fruit, Veggie and Milk	2 Pizza with Fruit, Veggie and Milk
	5 NO SCHOOL LABOR DAY	6 Local Cheeseburger on a WG Bun with Fruit, Veggie and Milk	7 Beef Taco on a WG Shell with Salsa, Sour Cream, Cheese, Fruit, Veggie and Milk	8 Turkey Gravy over Mashed Potatoes with Dinner Roll, Fruit, Veggie and Milk	9 Pizza with Fruit, Veggie and Milk
	12 WG Chicken Tender with Dinner Roll, Fruit, Veggie and Milk	13 Monte Cristo Sandwich with Syrup, Jam, Fruit, Veggie and Milk	14 Local Hot Dog on a WG Bun with Fruit, Veggie and Milk	15 Spaghetti w/ Meat Sauce, Dinner Roll, Fruit, Veggie and Milk	16 Pizza with Fruit, Veggie and Milk
	19 Chili with Cornbread Muffin, Fruit, Veggie and Milk	20 French Toast with Syrup, Local Sausage, Fruit, Veggie and Milk	21 WG Hoagie Sandwich with Fruit, Veggie and Milk	22 Bean and Cheese Burrito with Salsa and Sour Cream, Fruit, Veggie and Milk	23 Pizza with Fruit, Veggie and Milk
	26 WG Chicken Corn Dog with Fruit, Veggie and Milk	27 Beefy Nacho on WG Chips with Fruit, Veggie and Milk	28 Sloppy Joes on a WG Bun with Fruit, Veggie and Milk	29 Mac 'n' Cheese with WG Dinner Roll, Fruit, Veggie and Milk	30 Pizza with Fruit, Veggie and Milk
	All students must take at least ½ cup of fruit and/or vegetable to complete a school lunch. A School Lunch Includes: (600-650 total calories), 1 cup milk, 1-2oz. protein, 1-2oz. grain, 3/4 cup vegetables, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.				
BREAKFAST MENU	Pancakes with Syrup and Yogurt with Fruit and Milk	Whole Grain Cereal or Oatmeal with String Cheese, Fruit and Milk	WG Muffin with String Cheese, Fruit and Milk	Scrambled Eggs with Ham and Cheese with Fruit and Milk	WG Bagel with Cream Cheese, String Cheese, Fruit and Milk