

Aug/Sept 2022

High School Menu Kalispell Public Schools Food Service



Cherries/Brasicas

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 Students: \$1.75 Reduced Student: .30 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: Students: \$3.00 Reduced Student Lunch: .40 Adult: \$3.50 Milk \$0.60 Now Local: Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!			31 Meatball Subs w/ Baked Chips	Sept 1 Chicken Patty on WG Bun	2 Turkey Cheese Wrap
	5 LABOR DAY NO SCHOOL	6 Burrito Bar	7 Caprese Chicken and Cheesy Mashed Potatoes Dinner Roll	8 Hot Ham and Cheese Sandwich	9 Caesar Chicken Wrap
	12 Chicken Strips w/ Honey Mustard	13 Sloppy Joes w/ Baked Chips	14 Lentil Bowl w/ Sausage and Veg	15 Mac 'n' Cheese w/ Dinner Roll	16 Cheeseburger Wrap
	19 Chicken Fajita w/ Peppers, Cheese, Salsa, Onions on WG Tortilla	20 Beef Taco w/ Cheese, Salsa and Sour Cream	21 Buffalo Chicken Bowl	22 Bean/Cheese Burrito	23 Ham/Cheese Wrap
	26 Pulled Pork w/ BBQ Sauce on WG Bun	27 Beefy Nachos	28 Orange Chicken Bowl w/ Brown Rice, Peas	29 Tex Mex Meatballs w/ Brown Rice	30 Chicken Caesar Wrap
	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.				
