

October 2022

High School Menu Kalispell Public Schools Food Service



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!	3 Meatball Subs w/ Baked Chips	4 <u>Chicken Patty on WG Bun</u>	5 Moroccan Chicken Bowl	6 Hot Ham and Cheese Sandwich	2 Turkey Cheese Wrap
	10 French Toast Strips w/ Local Sausage	11 Burrito Bar	12 Lentil Bowl w/ Sausage and Veg	13 Salisbury Steak w/ Mashed Potatoes/Gravy and Dinner Roll	14 Caesar Chicken Wrap
	17 Chicken Strips w/ Honey Mustard	18 Sloppy Joes w/ Baked Chips	19 Copycat KFC Chicken Bowl w/ Corn, Mashed Potatoes and Gravy	20 NO SCHOOL	21 NO SCHOOL
	24 Pulled Pork w/ BBQ Sauce on WG Bun	25 Beefy Nachos	26 Buffalo Chicken Bowl	27 Spaghetti w/ Meat Sauce Dinner Roll	23 Cheeseburger Wrap
	31 Chili w/ Cornbread				
	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.					
