

October 2022

Elementary School Menu Kalispell Public Schools Food Service

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

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.



	Monday	Tuesday	Wednesday	Thursday	Friday
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LUNCH MENU: Breakfast Student \$1.75 Red: .30 Adult \$2.00 Lunch Student: \$3.00 Red: .40 Adult Lunch: \$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				
	3 WG Chicken Patty on WG Bun with Fruit, Veggie and Milk	4 Beef Taco w/Cheese On WG Tortilla with Fruit, Veggie and Milk	5 Hoagie Sandwich with Fruit, Veggie and Milk	6 Pulled Pork w/ BBQ on WG Bun with Fruit, Veggie and Milk	7 WG Bosco Cheese Sticks w/ Marinara, Fruit, Veggie and Milk
	10 WG Chicken Tenders with WG Roll, Fruit, Veggie and Milk	11 Monte Cristo Sandwich w/ Jam and Syrup, Fruit, Veggie and Milk	12 Local Hot Dog on WG Bun w/ Fruit, Veggie and Milk	13 Salisbury Steak w/ Potatoes and Gravy, WG Dinner Roll, Fruit, Veggie and Milk	14 WG Bosco Cheese Sticks w/ Marinara, Fruit, Veggie and Milk
	17 Sloppy Joes on a WG Bun with Veggies, Fruit, and Milk	18 Beefy Nachos with Fruit, Veggie and Milk	19 Hoagie Sandwich with Fruit, Veggie and Milk	20 NO SCHOOL	21 NO SCHOOL
	24 WG Chicken Corn Dog with Fruit, Veggie and Milk	25 French Toast Sticks w/ Local Sausage, Fruit, Veggie and Milk	26 Bean and Cheese Burrito w/ Salsa and Sour Cream with Fruit, Veggie and Milk	27 Turkey Gravy w/ Mashed Potatoes, Dinner Roll, Fruit, Veggie and Milk	28 WG Bosco Cheese Sticks w/ Marinara Fruit, Veggie and Milk
	31 Chili w/ Cheese and Cornbread Muffin, 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	Pancake w/ Syrup and Yogurt with Fruit and Milk	Whole Grain Cereal or Oatmeal with String Cheese, Fruit, and Milk	Scrambled Eggs w/ Ham and Cheese, Biscuit with Fruit and Milk	Homemade Muffin w/ String Cheese, Pumpkin Smoothie Fruit and Milk	Bagel w/ Cream Cheese, Yogurt Fruit, and Milk

October Harvest of the Month: Apples

Every month, KPS highlights a farm fresh fruit, vegetable, or grain in season in Montana. Look for the Harvest of the Month on the lunch menu, in cafeteria taste tests, and recipes to take home.