

# November 2022

## High School Menu Kalispell Public Schools Food Service



### Winter Squash

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>Students: \$1.75</b> <b>Reduced Student: .30</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>Students: \$3.00</b> <b>Reduced Student Lunch: .40</b> Adult: \$3.50 Milk \$0.60  <b>Now Local:</b> Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!		1 Chicken Patty on WG Bun	2 Moroccan Chicken Bowl	3 Hot Ham and Cheese Sandwich w/ baked chips	4 Turkey Cheese Wrap
	7 French Toast Strips w/ Local Sausage	8 Burrito Bar	9 Lentil Bowl w/ Sausage and Veg	10 Enchilada Casserole	11 Caesar Chicken Wrap
	14 Chicken Strips w/ Honey Mustard Dinner Roll	15 Sloppy Joes w/ Baked Chips	16 Copycat KFC Chicken Bowl w/ Corn, Mashed Potatoes and Gravy	17 Turkey Gravy w/ Mashed Potatoes, Dinner Roll	18 Cheeseburger Wrap
	21 Pulled Pork w/ BBQ Sauce on WG Bun	22 Beefy Nachos	23 24 25 NO SCHOOL – HAPPY THANKSGIVING!!!		
	28 Meatball Subs w/ Baked Chips	29 Corn Dogs	30 Bosco Sticks w/ Marinara Dipping Sauce		
	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
	Available Daily: Cheese & Pepperoni Pizza				
<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
	Available Daily: Assorted Deli Sandwiches, PB & J, Veggie Wrap with Hummus & Cheese Deli Salad with Meat & Cheese, Vegetarian Spring Mix & Spinach Salad				
<b>Soup Menu</b>	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.				
