

# November 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.*



### Winter Squash

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Student \$1.75</b> <b>Red. .30</b> <b>Adult \$2.00</b>  <b>Lunch</b> <b>Student: \$3.00</b> <b>Red: .40</b> <b>Adult Lunch: \$3.50</b>  <b>Local Now:</b> 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.				
		1 <b>NO ELEMENTARY SCHOOL</b>	2 Chicken Patty on WG Bun with Fruit, Veggie and Milk	3 Pulled Pork w/ BBQ on WG Bun with Fruit, Veggie and Milk	4 Bosco Sticks with Marinara Sauce, Fruit, Veggie and Milk
	7 Chicken Tenders with WG Roll, Fruit, Veggie and Milk	8 Monte Cristo Sandwich w/ Jam and Syrup, Fruit, Veggie and Milk	9 Local Hot Dog on WG Bun w/ Fruit, Veggie and Milk	10 Chicken Chili with Dinner Roll, Fruit, Veggie and Milk	11 Bosco Sticks with Marinara Sauce, Fruit, Veggie and Milk
	14 Sloppy Joes on WG Bun with Veggies, Fruit, and Milk	15 Beefy Nachos with Salsa, Sour Cream, Cheese, Fruit, Veggie, and Milk	16 Hoagie Sandwich with Fruit, Veggie and Milk	17 Turkey Gravy with Mashed Potatoes and Dinner Roll, Mini Pumpkin Pie, Fruit, Veggie and Milk	18 Bosco Sticks with Marinara Sauce, Fruit, Veggies and Milk
	21 Corn Dog with Fruit, Veggie and Milk	22 French Toast with Local Sausage, Syrup, Fruit, Veggie and Milk	23 <b>NO SCHOOL</b>	24 <b>HAPPY THANKSGIVING!!</b>	25 <b>NO SCHOOL</b>
	28 Bean and Cheese Burrito with Salsa and Sour Cream, Fruit, Veggie and Milk	29 Local Cheeseburger on WG Bun with Fruit, Veggie and Milk	30 Hoagie Sandwich 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.				
<b>BREAKFAST in the Cafeteria MENU</b> Adult \$2.00	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

### November Harvest of the Month: Winter Squash

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.