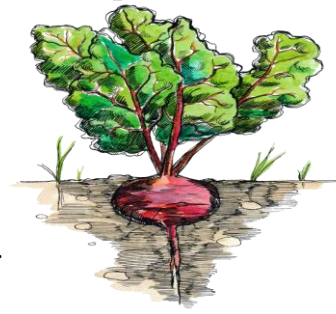




FEBRUARY 2023

Elementary School Menu Kalispell Public Schools Food Service

Lunch includes: entrée listed below, fruit, milk, and an unlimited cold fruit and vegetable bar.
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.



BEETS

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH MENU: Regular Prices Reduced: \$0.40 Student: 3.00 Adult: \$3.50 CEP Qualified Schools* – Breakfast and Lunch is FREE For Students 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. *Community Eligibility Provision Qualified Schools include Russell, Elrod, and Rankin Elementary				
			1 Chicken Patty on a WG Bun w/ Fruit, Veggie and Milk EARLY OUT	2 BBQ Meatballs w/ Cheese, WG Dinner Rolls, Veggie, Fruit, and Milk	3 Bosco w/ Marinara Fruit, Veggie and Milk
	6 Chicken Tenders w/ Biscuit, w/ Honey, Ketchup or Ranch, Fruit, Veggie and Milk	7 Grilled Chicken Breast w/ Buttered WG Noodles, Fruit, Veggie and Milk	8 Local Hot Dog on a WG Bun with Fruit, Veggie and Milk EARLY OUT	9 Local Cheeseburger on a WG Bun with Fruit, Veggie and Milk	10 Bosco w/ Marinara Fruit, Veggie and Milk
	13 WG Pancakes w/ Local Sausage and Syrup with Fruit, Veggie and Milk	14 WG Burrito w/ Salsa and Sour Cream, Fruit, Veggie and Milk	15 Hoagie on a WG Bun with Fruit, Veggie and Milk EARLY OUT	16 Spaghetti w/ Meat Sauce and WG Dinner Roll, Fruit, Veggie and Milk	17 Bosco w/ Marinara, Fruit, Veggie and Milk
	NO SCHOOL	21 Chicken Taco w/ Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	22 Monte Cristo w/ Syrup and Jam, Fruit, Veggie and Milk EARLY OUT	23 White Chicken Chili w/ Cheese and Cornbread, Fruit, Veggie and Milk	24 Bosco w/ Marinara, Fruit, Veggie and Milk
	27 BBQ Pork on a WG Bun with Fruit, Veggie and Milk	28 WG Corn Dog 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.				
BREAKFAST MENU Free: if eligible Student: \$1.75 Reduced: \$.30 Adult: \$2.00	WG Cereal OR Oatmeal with Brown Sugar, String Cheese, Fruit and Milk	Homemade Muffin w/ Pineapple and Cottage Cheese Fruit and Milk	Breakfast Burrito, w/ Fruit, and Milk	WG Pancake/Sausage on a Stick with Syrup, Fruit and Milk	WG Bagel /w Cream Cheese, Yogurt, Fruit and Milk

