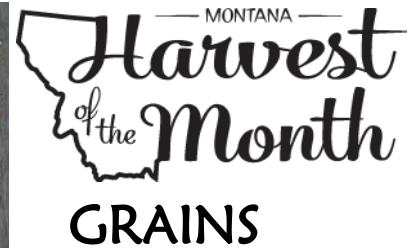


MARCH 2023

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.



	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>LUNCH MENU:</p> <p>Regular Prices Reduced: \$0.40 Student: 3.00 Adult: \$3.50</p> <p>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</p> <p>Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!</p> <p>BREAKFAST in the Cafeteria MENU Free: if eligible Student: \$1.75 Reduced: \$.30 Adult: \$2.00</p>	<p>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 Elrod, Rankin, and Russell Elementary</p>					
			<p>1 Chicken Patty on WG Bun w/ Fruit, Veggie or Milk</p> <p>EARLY OUT</p>	<p>2 Meatball Sub on WG Bun w/ Mozz, Veggie, Fruit, and Milk</p>	<p>3 Bosco w/ Marinara Veggie, Fruit and Milk</p>	
		<p>6 BBQ Pulled Turkey on WG Bun with Fruit, Veggie, and Milk</p>	<p>7 Grilled Chicken Breast w/ Buttered WG Noodles, Fruit, Veggie and Milk</p> <p>EARLY OUT</p>	<p>8 Hoagie on WG Bun, Baked Chips, Fruit, Veggie, Milk</p> <p>EARLY OUT</p>	<p>9 Cheeseburger on a WG Bun with Fruit, Veggie and Milk</p>	<p>10 Pizza Stick with Fruit, Veggie and Milk</p>
		<p>13 Chicken Tenders w/ Dinner Roll, Fruit, Veggie and Milk</p>	<p>14 Beef Taco w/ Salsa and Sour Cream, Cheese, Fruit, Veggie and Milk</p> <p>EARLY OUT</p>	<p>15 Local Hot Dog on a WG Bun with Fruit, Veggie and Milk</p> <p>EARLY OUT</p>	<p>16 Turkey Gravy w/ Mashed Potatoes and Dinner Roll, Fruit, Veggie and Milk</p>	<p>17 Bosco w/ Marinara, Fruit, Veggie and Milk</p>
		<p>20 Pancakes w/ Local Sausage, Syrup, Fruit, Veggie and Milk</p>	<p>21 Chicken Spaghetti with WG Focaccia Bread, Fruit, Veggie and Milk</p> <p>EARLY OUT</p>	<p>22 Monte Cristo w/ Syrup and Jam, Fruit, Veggie and Milk</p>	<p>23 Burrito w/ Salsa and Sour Cream, Fruit, Veggie and Milk</p>	<p>24 Corn Dog, Fruit, Veggie and Milk</p>
		<p>27 No School</p>	<p>28 No School</p>	<p>29 No School</p>	<p>30 No School</p>	<p>31 No School</p>
	<p>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.</p>					
		<p>WG Cereal OR Oatmeal w/ Brown Sugar, String Cheese, Fruit and Milk</p>	<p>Homemade Muffin w/ Pineapple and Cottage Cheese Fruit and Milk</p>	<p>Breakfast Burrito, w/ Fruit and Milk</p>	<p>WG Pancake/Sausage on a Stick Fruit and Milk</p>	<p>WG Bagel /w Cream Cheese, Yogurt, Fruit and Milk</p>