

# APRIL 2023

## Elementary School Menu Kalispell Public Schools Food Service

Lunch includes: entrée listed below, fruit, milk, and 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.**



### CHICKPEAS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH MENU:</b>	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 Hedges, Elrod, Peterson and Russell Elementary				
<b>Regular Prices</b> Reduced: \$0.40 Student: 3.00 Adult: \$3.50	3 Chicken Patty on a WG Bun with Fruit, Salad Bar and Milk	4 Spaghetti with Meat Sauce and Focaccia Bread, Fruit, Salad Bar and Milk	5 Hoagie Sandwich with Gobonzo Snacks, Fruit, Salad Bar and Milk <b>EARLY OUT</b>	6 Beef Taco with Cheese, Salsa, and Sour Cream with Fruit, Salad Bar and Milk	7 Italian Cheese Sandwich with Fruit, Salad Bar and Milk
<b>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</b>	10 WG Chicken Tenders with Dinner Roll, Ranch or BBQ Sauce, Fruit, Salad Bar and Milk	11 WG Corn Dog with Fruit, Salad Bar and Milk	12 Sloppy Joes on a WG Bun with Fruit, Salad Bar and Milk <b>EARLY OUT</b>	13 Turkey Gravy with Mashed Potatoes, Dinner Roll, Fruit, Salad Bar and Milk	14 WG Bosco Sticks with Fruit, Salad Bar and Milk
<b>Local Now:</b> Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!	17 WG Pancakes with Local Sausage, Syrup, Fruit, Salad Bar and Milk	18 Meatball Sub with Marinara Sauce and Mozzarella Cheese, Fruit, Salad Bar and Milk	19 WG Bean and Cheese Burrito with Salsa and Sour Cream, Fruit, Salad Bar and Milk <b>EARLY OUT</b>	20 Local Cheeseburger on a WG Bun with Fruit, Salad Bar and Milk	21 <b>NO SCHOOL/ MUSIC FESTIVAL</b>
	24 BBQ Pulled Pork on a WG Bun with Fruit, Salad Bar and Milk	25 Chicken Spaghetti with Fruit, Salad Bar and Milk	26 Local Hot Dog on a WG Bun with Fruit, Salad Bar and Milk <b>EARLY OUT</b>	27 Monte Cristo Sandwich with Syrup and Jam, Fruit, Salad Bar and Milk	28 Italian Sliders with Fruit, Salad Bar 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> Free: if eligible Student: \$1.75 Reduced: \$ .30 Adult: \$2.00	WG Cereal OR Oatmeal w/ 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 Fruit and Milk	WG Bagel /w Cream Cheese, Yogurt, Fruit and Milk