

APRIL 2023

High School Menu Kalispell Public Schools Food Service



CHICKPEAS

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
BREAKFAST Students: \$1.75 Reduced Student: .30 Adult: \$2.00	Egg, Ham n Cheese English Muffin OR Homemade Muffin with a String Cheese	Breakfast Burrito OR Pancakes and an 8 oz Fruit Smoothie	Oatmeal OR WG Cereal Fruit and Milk, Yogurt or String Cheese	Cheesy Eggs and a WG Bagel OR Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin OR 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 TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk				
Home Style Cooking Menu LUNCH: Students: \$3.00 Reduced Student Lunch: .40 Adult: \$3.50 Milk \$0.60 Now Local: Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!	3 MEATBALL SUB W/ MARINARA AND MOZZARELLA	4 <u>CHICKEN PATTY</u> <u>ON WG BUN</u>	5 CORN DOG W/ BAKED CHIPS EARLY OUT	6 COPYCAT KFC CHICKEN BOWL	7 BOSCO STICKS W/ MARINARA
	10 CHICKEN STRIPS W/ DINNER ROLL	11 BEEF NACHOS W/ SALSA AND SOUR CREAM	12 HOT HAM AND CHEESE SANDWICH EARLY OUT	13 TURKEY GRAVY W/ MASHED POTATOES AND DINNER ROLL	14 CAESAR CHICKEN WRAP
	17 BBQ PORK ON WG BUN W/ COLESLAW	18 CHICKEN TACOS, CHEESE, SALSA, SOUR CREAM	19 LOCAL HOT DOG ON WG BUN EARLY OUT	20 COOKS CHOICE	21 NO SCHOOL MUSIC FESTIVAL
	24 BUFFALO CHICKEN BOWL	25 FRITO PIR W/ CHEESE, SALSA AND SOUR CREAM	26 BURRITO W/ SALSA AND SOUR CREAM	27 ITALIAN BOWL W/ FOCCACIA	28 COOKS CHOICE
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit				
Menu subject to change without notice, due to price and availability.					
Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty	Corn Dog and Baked Chips	Grilled Cheese Sandwich Baked Chips
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
	Available Daily: Cheese & Pepperoni Pizza				
Deli Menu	-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				
Soup Menu	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.				
