

AUGUST/SEPTEMBER 2023

LUNCH 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.

Harvest of the Month Brassicas



	Monday	Tuesday	Wednesday	Thursday	Friday
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LUNCH MENU:	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				
	Regular Prices Reduced: \$0.40 Student: 3.25 Adult: \$4.25 CEP Qualified Schools* – Breakfast and Lunch is FREE For Students Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!			August 30 WG Chicken Patty on a WG Bun with Fruit, Veggies and Milk	August 31 Hot Dog on a WG Bun with Fruit, Veggies and Milk
	4 Labor Day No School	5 Beefy Nachos with Fruit, Veggies and Milk	6 WG Corn Dog with Fruit, Veggies and Milk	7 Cheeseburger on a WG Bun with Fruit, Veggies and Milk	8 Pizza with Fruit, Veggies and Milk
	11 Sloppy Joes on a WG Bun with Fruit, Veggies and Milk	12 Chicken Taco, w/Cheese, Salsa, Sour Cream, Fruit, Veggies and Milk	13 WG Hoagie Sandwich with Fruit, Veggies and Milk	14 Turkey Tetraxini with WG Dinner Roll, Fruit, Veggies and Milk	15 Pizza with Fruit, Veggies and Milk
	18 WG Chicken Tenders with Dinner Roll, Fruit, Veggies and Milk	19 Beef Taco with Cheese, Salsa, Sour Cream, Fruit, Veggies and Milk	20 Pancake/Sausage on a Stick with Syrup, Fruit, Veggies and Milk	21 BBQ Pork on a WG Bun with Fruit, Veggies and Milk	22 Pizza with Fruit, Veggies and Milk
	25 WG Corn Dog with Fruit, Veggies and Milk	26 Monte Cristo Sandwich with Jam, Syrup, Fruit, Veggies and Milk	27 Lasagna with WG Dinner Roll, Fruit, Veggies and Milk	28 WG Bean and Cheese Burrito with Salsa, Sour Cream, Fruit, Veggies and Milk	29 Pizza with Fruit, Veggies 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, ¾ cup vegetables, ½ cup fruit, Students Must take at least ½ cup of fruit/vegetable.				
BREAKFAST MENU Free: if eligible Student: \$2.00 Reduced: \$.30 Adult: \$2.25	WG Cereal OR Oatmeal with Brown Sugar with String Cheese, Fruit and Milk	Homemade Muffin with Yogurt Fruit and Milk	WG Breakfast Burrito with Fruit and Milk	WG Pancake/Sausage On a Stick with Fruit and Milk	WG Bagel with Cream Cheese, Yogurt, Fruit and Milk