

KMS OCT 23

LUNCH MENU Kalispell Public Schools Food Service



APPLES

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

Soup Choice is in Gray Font.

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
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 Hedges, Elrod, Peterson and Russell Elementary				
Regular Prices Reduced: \$0.40 Student: 3.25 Adult: \$4.25	2 Chicken Tenders, Dinner Roll, Fruit, Veg and Milk	3 Pizza, Hoagies, PBJ Fruit Veg and Milk	4 Pizza, Hoagies, PBJ	5 Pizza, Hoagies, PBJ	6 Cheeseburger, Hoagie, PBJ
CEP Qualified Schools* – Breakfast and Lunch is FREE For Students Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more! Soup comes with salad bar & a whole grain roll - protein options are. beans, cheese, or hummus. See Breakfast Menu on Reverse Page →	Market Cart Salad Bar Featuring →				
	9 Chicken Tenders	10 Pizza, Hoagie, PBJ	11 Pizza, Hoagies, PBJ	12 Pizza, Hoagies, PBJ	13 Cheeseburger, Hoagie, PBJ
	Market Cart Salad Bar Featuring →				
	16 Chicken Tenders	17 Pizza, Hoagie, PBJ	18 Pizza, Hoagie, PBJ	19 NO SCHOOL	20 NO SCHOOL
	Market Cart Salad Bar Featuring →				
	23 Chicken Tenders, Hoagie, PBJ	24 Pizza, Hoagie, PBJ	25 Pizza, Hoagie, PBJ	26 Pizza, Hoagie, PBJ	27 Cheeseburger, Hoagie, PBJ
	30 Chicken Tenders, Hoagie, PBJ	31 Pizza, Hoagie, PBJ			
	Market Cart Salad Bar Featuring →				
	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.				
	Fresh Fruit & Vegetable Bar Menu includes: (not limited to)				