

# OCTOBER 23

## High School Menu Kalispell Public Schools Food Service



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
<b>BREAKFAST</b> <b>Students: \$2.00</b> <b>Reduced Student: .30</b> Adult: \$2.25	Egg, Ham n Cheese English Muffin <b>OR</b> Homemade Muffin with a String Cheese	Breakfast Burrito <b>OR</b> Pancakes and an 8 oz Fruit Smoothie	Oatmeal <b>OR</b> WG Cereal Fruit and Milk, Yogurt or String Cheese	Cheesy Eggs and a WG Bagel <b>OR</b> Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin <b>OR</b> 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 <b>TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk</b>					

<b>Home Style Cooking Menu</b>  <b>LUNCH:</b> <b>Students: \$3.25</b> <b>Reduced Student Lunch: .40</b> Adult: \$4.25 Milk \$0.60  <b>Now Local:</b> Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!	2 Chicken Patty on WG Bun	3 <u>Burrito Bar w/ salsa, cheese, sour cream</u>	4 Sloppy Joes w/ Baked Chips	31 Tater tot Casserole	Sept 1 Corn Dog, Baked Chips
	9 Meatball Sub w/ Mozz and Baked Chips	10 Burrito Bar w/ salsa, cheese and sour cream	11 Turkey/Bacon Wrap	12 Lentil Bowl w/ Sausage and Veg	13 Hot Ham and Cheese Sandwich, Baked Chips
	16 Chicken Strips w/ Dinner Roll	17 Burrito Bar w/ salsa, cheese and Sour Cream	18 Copycat KFC Chicken Bowl w/ Corn, Mashed Potatoes and Gravy	19 NO SCHOOL	20 NO SCHOOL
	23 Pulled Pork w/ BBQ Sauce on WG Bun	24 Beefy Nachos w/ salsa, cheese and sour cream	25 Buffalo Chicken Bowl	26 Spaghetti w/ Meat Sauce Dinner Roll	27 Cheeseburger Wrap
	30 Pancakes w/ Local Sausage	31 Chili w/ Cheese and Cornbread			
	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.				

<b>Grill Menu</b>	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty	Corn Dog and Baked Chips	Grilled Cheese Sandwich Baked Chips
<b>Pizza Menu</b>	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
Available Daily: Cheese & Pepperoni Pizza					
<b>Deli Menu</b>	-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					
<b>Soup Menu</b>	Chicken Tortilla	Beef and Barley	Chicken Noodle or Vegetarian Vegetable	Broccoli Cheddar	Chicken with Wild Rice