

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

<b>BREAKFAST in the Cafeteria MENU</b> Free: if eligible Student: \$2.00 Reduced: \$ .30 Adult: \$	WG Cereal OR Oatmeal w/ Brown Sugar, String Cheese, Fruit and Milk	Homemade Muffin, Yogurt 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
<b>BREAKFAST in the Classroom MENU</b> <b>(Hedges &amp; Elrod 4 -5 grades)</b>					

