

# Elementary November 23

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.**

## LUNCH MENU Kalispell Public Schools Food Service



Winter Squash

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH MENU:</b>	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				
<b>Regular Prices</b> Reduced: \$0.40 Student: 3.25 Adult: \$4.25			1 <b>NO SCHOOL ELEMENTARY ONLY</b>	2 WG Chicken Patty on a WG Bun with Fruit, Veggie and Milk	3 Pizza Hut Pizza with Fruit, Veggie and Milk
<b>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</b>	6 Sloppy Joe on a WG Bun with Fruit, Veggie and Milk	7 Chicken Taco with Salsa, Sour Cream, Cheese, Fruit, Veggie and Milk	8 Hot Dog on a WG Bun with Fruit, Veggie and Milk	9 Cheeseburger on a WG Bun with Fruit, Veggie and Milk	10 Pizza Hut Pizza with Fruit, Veggie and Milk
<b>Local Now:</b> Apples, Carrots, Burgers, Lentils, Wheat Montana Bread, Squash, And more!	13 Pancake/Sausage on a Stick with Syrup, Fruit, Veggie and Milk	14 Chicken Nacho with Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	15 Hoagie Sandwich with Fruit, Veggie and Milk	16 Turkey Gravy with Mashed Potatoes, WG Dinner Roll, Fruit, Veggie, Mini Pumpkin Pie and Milk	17 Pizza Hut Pizza with Fruit, Veggie and Milk
	20 WG Bean and Cheese Burrito with Salsa, Sour cream, Fruit, Veggie and Milk	21 WG Corn Dog with Fruit, Veggie and Milk	22 <b>NO SCHOOL</b>	23 <b>THANKSGIVING NO SCHOOL</b>	24 <b>NO SCHOOL</b>
	27 Pulled Pork with BBQ Sauce on a WG Bun with Fruit, Veggie and Milk	28 Chicken Taco with Salsa, Sour Cream, Cheese, Fruit, Veggie and Milk	29 Egg, Cheese, Ham Sandwich on a WG Bun with Fruit, Veg and Milk	30 White Chicken Chili with Cornbread, Fruit, Veggie and Milk	
<b>BREAKFAST in the Cafeteria MENU</b>	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.				
Free: if eligible Student: \$2.00 Reduced: \$ .30 Adult: \$2.25	WG Cereal OR Oatmeal w/ Brown Sugar, String Cheese, Fruit and Milk	Homemade Muffin with Yogurt, Fruit and Milk	WG Breakfast Burrito with Fruit and Milk	WG Pancakes with Syrup, Yogurt, Fruit and Milk	WG Bagel with Cream Cheese, Yogurt, Fruit and Milk