NOVEMBER 2023

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

MONTANA Harvest of the Month

WINTER SQUASH

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

Home Style Cooking Menu **LUNCH:** **Students: $3.25** **Reduced Student Lunch: .40** Adult: $4.25 Milk $0.60 **Now Local:** Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!					
			1 Chicken Patty on WG Bun	2 Tater Tot Casserole	3 Corn Dog w/ Baked Chips
	6 Sloppy Joes	7 Burrito Bar w/ Salsa, Cheese and Sour Cream	8 Turkey/Bacon Wrap	9 White Chicken Chili w/ Cornbread	10 Hot Ham and Cheese Sandwich, Baked Chips
	13 Meatball Subs w/ Mozz and Baked Chips	14 Chicken Tacos w/ salsa, cheese and Sour Cream	15 Pancakes w/ Local Sausage and Syrup	16 Turkey Gravy w/ Mashed Potatoes, Dinner Roll, Mini Pumpkin Pie	17 Bosco Sticks w/ Marinara Sauce
	20 Lentil Bowl w/ Sausage	21 Corn Dog w/ Baked Chips	23 23 24 **NO SCHOOL, HAPPY THANKSGIVING!!!**		
	27 BBQ Pulled Pork on WG Bun	28 Burrito Bar w/ Salsa, Cheese and Sour Cream	29 COOKS CHOICE	30 COOKS CHOICE	
	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.					
Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty	Corn Dog and Baked Chips	Grilled Cheese Sandwich Baked Chips
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
	Available Daily: Cheese & Pepperoni Pizza				
Deli Menu	-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				