

Elementary December 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



Lentils

	Monday	Tuesday	Wednesday	Thursday	Friday
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<p>LUNCH MENU:</p> <p>Regular Prices Reduced: \$0.40 Student: \$3.25 Adult: \$4.25</p> <p>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</p> <p>Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!</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 Elrod, Rankin and Russell Elementary					
					1 WG Pizza Hut Pizza with Fruit, Veggie and Milk	
	4 WG Chicken Patty on a WG Bun with Fruit, Veggie and Milk	5 BBQ Pulled Pork on a WG Bun with Fruit, Veggie and Milk	6 WG Hoagie Sandwich with Fruit, Veggie and Milk Early Out	7 Homemade Chili with WG Cornbread, Fruit, Veggie and Milk	8 WG Pizza Hut Pizza with Fruit, Veggie and Milk Early Out	
	11 Sloppy Joes with Lentils on a WG Bun with Fruit, Veggie and Milk	12 Chicken Taco with Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	13 Hot Dog on a WG Bun with Fruit, Veggie, WG Cookies and Milk Early Out	14 Hamburger Gravy over Mashed Potato with WG Roll, Fruit, Mini Pumpkin Pie, Veggie and Milk	15 WG Pizza Hut Pizza with Fruit, Veggie and Milk	
	18 WG Bean and Cheese Burrito with Salsa, Sour Cream, Fruit, Veggie and Milk	19 WG Chicken Corn Dog with Fruit, Veggie and Milk	20 WG Hoagie Sandwich with Fruit, Veggie and Milk Early Out	21 NO SCHOOL	22 NO SCHOOL	
	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	
	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>BREAKFAST MENU</p> Free: if eligible Student: \$2.00 Reduced: \$.30 Adult: \$2.25	Homemade WG Muffin with Yogurt, Fruit and Milk	WG Breakfast Burrito with Fruit and Milk	WG Cereal or Oatmeal with String Cheese, Fruit and Milk	WG Pancake and Sausage on a Stick with Syrup, Yogurt Fruit and Milk	WG Bagel with Cream Cheese, Yogurt, Fruit and Milk