

# DECEMBER 2023

## High School Menu Kalispell Public Schools Food Service



### LENTILS

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> <b>Adult: \$2.25</b>	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: 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!					1 Corn Dog w/ Baked Chips
	4 Sloppy Joes On WG Bun	5 Burrito Bar w/ Salsa, Cheese and Sour Cream	6 Chicken Patty on WG Bun	7 White Chicken Chili w/ Cornbread	8 Hot Ham and Cheese Sandwich, Baked Chips
	11 Meatball Subs w/ Mozz and Baked Chips	12 Chicken Tacos w/ salsa, cheese and Sour Cream	13 Hot Dog on WG Bun w/ Baked Chips	14 Hamburger Gravy w/ Mashed Potatoes, Dinner Roll, Mini Pumpkin Pie	15 Bosco Sticks w/ Marinara Sauce
	18 Pulled Pork w/ BBQ Sauce on WG Bun	19 Cooks Choice	20 Cooks Choice	21 NO SCHOOL	22 NO SCHOOL
	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL
	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