

JANUARY 2024

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



CARROTS

	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 NO SCHOOL	2 <u>Chicken Patty on WG Bun</u>	3 WG Chicken Corn Dog Early Out	4 BBQ Pork w/ WG Bun	5 Corn Dog w/ Baked Chips
	8 Sloppy Joes On WG Bun	9 Burrito Bar w/ Salsa, Cheese and Sour Cream	10 WG Pancakes w/ Local Sausage/Syrup Early Out	11 Lasagna Roll Ups w/ Dinner Roll	12 Hot Ham and Cheese Sandwich, Baked Chips
	15 Meatball Subs w/ Mozz and Baked Chips	16 Chicken Tacos w/ salsa, cheese and Sour Cream	17 Buffalo Chicken Bowl Early Out	18 Tater Tot Casserole	19 Bosco Sticks w/ Marinara Sauce Early Out
	22 NO SCHOOL	23 Lentil Bowl w/ Sausage	24 Turkey/Bacon Wrap Early Out	25 Turkey Gravy w/ Mashed Potatoes WG Dinner Roll	26 Corn Dog w/ Baked Chips
	29 Chicken Tenders w/ Dinner Roll	30 Chicken Nachos w/ Cheese Salsa, Sour Cream	31 COOKS CHOICE Early Out		
	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, Spring Mix & Spinach Salad				
Soup Menu	Chicken Tortilla	Beef and Barley	Chicken Noodle or Vegetarian Vegetable	Broccoli Cheddar	Chicken with Wild Rice