

FEBRUARY 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



BEETS

	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 Corn Dog w/ Baked Chips
	5 Sloppy Joes On WG Bun	6 Burrito Bar w/ Salsa, Cheese and Sour Cream	7 Turkey Bacon Wrap Early Out	8 Spaghetti w/ Meat Sauce w/ Dinner Roll	9 Hot Ham and Cheese Sandwich, Baked Chips
	12 Meatball Subs w/ Mozz and Baked Chips	13 Chicken Tacos w/ WG Tortilla, salsa, cheese and Sour Cream	14 Buffalo Chicken Bowl Early Out	15 Tater Tot Casserole	16 Bosco Sticks w/ Marinara Sauce
	19 NO SCHOOL Presidents Day	20 Beef Taco on WG Tortilla, Salsa, Cheese and Sour Cream	21 Pancakes w/ Local Sausage/Syrup Early Out	22 Turkey Gravy w/ Mashed Potatoes Dinner Roll	23 Hot Ham and Cheese Sandwich w/ Baked Chips
	26 Pulled Pork w/ BBQ sauce and WG Bun	27 Chicken Nachos w/ Cheese Salsa, Sour Cream	28 COOKS CHOICE Early Out	29 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, Spring Mix & Spinach Salad					