

# MARCH 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



### GRAINS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> <b>Students: \$2.00</b> <b>Reduced Student: .30</b> Adult: \$2.25	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:</b> <b>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 Chicken Patty on WG Bun	6 Hot Dog on WG Bun <b>Early Out</b>	7 Spaghetti w/ Meat Sauce w/ Dinner Roll	8 Hot Ham and Cheese Sandwich, Baked Chips
	11 Meatball Subs w/ Mozz and Baked Chips	12 Chicken Tacos w/ WG Tortilla, salsa, cheese and Sour Cream	13 Pancakes w/ Local Sausage <b>Early Out</b>	14 Tater Tot Casserole	15 Bosco Sticks w/ Marinara Sauce
	18 Pulled Pork w/ BBQ Sauce on WG Bun	19 Beefy Nachos w/ WG Tortilla Chips, Salsa, Cheese and Sour Cream	20 Turkey Bacon Wrap  <b>Early Out</b>	21 COOKS CHOICE	22 COOKS CHOICE
	25 <b>NO</b>	26 <b>SCHOOL</b>	27 <b>SPRING</b>	28 <b>BREAK</b>	29 <b>!!!</b>
	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, Spring Mix & Spinach Salad					