

# March 2024

## Kalispell Middle School Menu Kalispell Public Schools Food Service

Lunch includes entrée listed below, fruit, milk, and vegetable

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.



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST:</b> Students: \$2.00 Reduced: .30 Adult: \$2.25	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Egg, Ham, Cheese on English Muffin w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Pancakes/Yogurt/Sausage Fruit and Milk	Homemade Muffin w/ String Cheese, Fruit, Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
<b>LUNCH:</b> Students: \$3.25 Reduced: .40 Adult: \$4.25  <b>Now Local:</b> Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	<b>PLEASE JOIN US FOR BREAKFAST OR LUNCH!</b> For Free Lunch Eligibility Call 751-3400 ext 3443, Menu Questions 751-3400 ext 3646				
					1 Cheeseburger on WG Bun, Hoagie, PBJ
	4 Grilled Cheese w/ Tomato Soup and Baked Chips, Hoagies, or PBJ	5 Pizza, PBJ, or Beef Taco	6 Pizza, Hoagie or, PBJ  <b>Early Out</b>	7 Pizza, Hoagie or Chicken Patty on WG Bun	8 Cheeseburger on WG Bun, Hoagie and PBJ
	11 Grilled Cheese w/ Tomato Soup and Baked Chips, Hoagies, or PBJ	12 Pizza, PBJ or Beef Taco	13 Pizza, Hoagie, PBJ  <b>Early Out</b>	14 Pizza, Hoagie or Chicken Patty on WG Bun	15 Cheeseburger on WG Bun, Hoagie or PBJ
	18 Grilled Cheese w/ Tomato Soup and Baked Chips, Hoagies, or PBJ	19 Pizza, PBJ, or Beef Taco	20 Pizza, Hoagie, PBJ  <b>Early Out</b>	21 Pizza, Hoagie or Chicken Patty on WG Bun	22 Cheeseburger on WG Bun, Hoagie or PBJ
	25  <b>NO</b>	26  <b>SCHOOL</b>	27  <b>SPRING</b>	28  <b>BREAK</b>	29  <b>!!!!</b>
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				