

Middle School-November 2024

Harvest of the Month: Potatoes

Lunch includes: entrée listed below, fruit, milk, and an unlimited cold fruit and vegetable bar.

Hummus and Roll or Peanut-Butter (or Sunbutter) and Jelly Sandwich available as a substitution with advanced request.

All grains are at least 50% whole grain. Students must take ½ cup fruit and/or vegetables with meal. Milk choice includes skim, 1% and skim chocolate. Menu subject to change without notice, due to price and availability. *This institution is an equal opportunity provider.*

Lunch Menu

Kalispell Public Schools Food Service



Breakfast in the Cafeteria Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Free: if eligible Student: \$2.00 Reduced: \$0.30 Adult: \$2.25	Egg Ham and Cheese English Muffin OR Homemade Muffin w/String Cheese	Breakfast Burrito OR Pancakes and an 8oz Fruit Smoothie	Oatmeal OR WG Cereal Fruit, Milk, Yogurt or String Cheese	Cheesy Eggs, & a WG Bagel OR Pancakes & a 8oz Fruit Smoothie	Egg & Cheese English Muffin OR WG Cereal w/Fruit, Milk Yogurt or String Cheese

For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3400 x3443. *Community Eligibility Provision Qualified Schools include all District #5 Schools SY24-25 through SY27-28.

All Students must take at least ½ cup of fruit and/or vegetables to complete a school lunch.

A school lunch includes: (600-650 total calories), 1 cup milk, 1-2oz. grain, ¾ cup vegetables, ½ cup fruit.

Students must take at least ½ cup of fruit/vegetables.

Lunch Menu: Regular Prices Reduced: \$0.40 Student: \$3.25 Adult: \$4.25	Monday	Tuesday	Wednesday	Thursday	Friday
					1 Meatball Sub. Sandwich w/WG Bun
CEP Qualified Schools*- Breakfast & Lunch are Free for Students	Salad Bar Featuring -				
	4 White Chicken Chili w/WG Roll	5 Pizza; Pork Stir Fry w/Brown Rice	6 Pizza; Corndogs	7 Pizza; Beef Nachos	8 Chicken Tenders (4) w/WG Roll
Local Now: Apples, Carrots, Burgers, Lentils, Wheat Montana Bread, Squash, and more!	Salad Bar Featuring -				
	11 Pulled Pork BBQ w/Coleslaw (or salad bar)	12 Pizza; Sloppy Joes w/WG Bun	13 Pizza; Pancakes (3) w/Sausage Links (2)	14 Pizza; Chicken Gyros w/WG Pita, Tzatziki Sauce	15 Beef Burrito w/Beans & Rice
* Hoagies & PBJ Daily	Salad Bar Featuring -				
	18 Hot Dogs w/WG Bun	19 Pizza; Spaghetti w/Meat Sauce w/WG Roll	20 Pizza; Breakfast Burrito	21 Pizza; Cook's Choice	22 Turkey Gravy w/Mashed Potatoes w/WG Roll
* Burgers Mon., Wed., Fri.	Salad Bar Featuring -				
* Chicken Tue., Thur.	25 Hot Ham & Cheese Sandwich w/WG Bun	26 Pizza; Mac-n-cheese w/WG Pasta	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL
	Salad Bar Featuring -				