

Middle School-October 2026

Harvest of the Month: Apples

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: \$2.50 Reduced: \$0.30 Adult: \$3.50	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	WG Biscuits & Sausage Gravy 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:	Monday	Tuesday	Wednesday	Thursday	Friday
Regular Prices Reduced: \$0.40 Student: \$3.75 Adult: \$5.75 Extra Milk: \$0.65				1 Pizza; Meatball Sub Sandwich	2 Cheeseburgers OR Hot Ham & Cheese Sandwich
CEP Qualified Schools*- Breakfast & Lunch are Free for Students	Salad Bar Featuring -				
	5 Breaded Chicken Sandwich OR Pulled Pork Sandwich w/Coleslaw	6 Pizza; Enchilada Casserole	7 Pizza; Corndogs Early Out	8 Pizza; Mac-n-Cheese 2/Diced Ham & WG Roll	9 Cheeseburgers OR Burrito bar (Rice/Beans/Meat)
	Salad Bar Featuring -				
Local Now: Apples, Carrots, Burgers, Lentils, Wheat Montana Bread, Squash, and more!	12 Grilled Chicken Sandwich OR Beef Chili w/WG Roll	13 Pizza; WG Pancakes (3) w/ 2 Link Sausages	14 Pizza; Pizza Burgers w/WG Bun	15 NO SCHOOL!	16 NO SCHOOL!
* Hoagies & PBJ Daily	Salad Bar Featuring -				
	19 Breaded Chicken Sandwich OR Cook's Choice	20 Pizza; Sloppy Joe's w/WG Bun	21 Pizza; Pancake on a Stick Early Out	22 Pizza; Tater Tot Casserole w/WG Roll	23 Cheeseburger OR Buffalo Chicken Bowl
	Salad Bar Featuring -				
	26 Grilled Chicken Sandwich OR Nachos (Beans/Meat/Rice)	27 Pizza; Spaghetti w/WG Roll	28 Pizza; Corndogs Early Out	29 Pizza; Turkey Hot Dog w/Baked Beans	30 Cheeseburger OR Bosco (2) Sticks w/Marinara
	Salad Bar Featuring -				