

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; Corn dogs 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; Corn dogs Early Out	29 Pizza; Turkey Hot Dog w/Baked Beans	30 Cheeseburger OR Bosco (2) Sticks w/Marinara
	Salad Bar Featuring -				