

High 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	Overnight Oats OR WG Cereal Fruit, Milk, Yogurt or String Cheese	Cheesy Eggs, & a WG Bagel OR Pancakes & a 8oz Fruit Smoothie	Biscuits & 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 Pulled Pork Sandwich w/Coleslaw	2 Beef Spaghetti w/WG Roll
CEP Qualified Schools*- Breakfast & Lunch are Free for Students	Salad Bar Featuring -				
	5 Naked Burrito (Rice/Beans/Meat)	6 Mac-n-Cheese w/Diced Ham	7 Chicken Pesto Wrap Early Out	8 Beef Chili w/WG Roll	9 Buffalo Chicken Bowl
	Salad Bar Featuring -				
	12 Chicken Enchilada Casserole	13 Sloppy Joe's	14 WG Corndog	15 NO SCHOOL!	16 NO SCHOOL!
Local Now: Apples, Carrots, Burgers, Lentils, Wheat Montana Bread, Squash, and more!	Salad Bar Featuring -				
	19 Nachos (Beans/Rice/Meat)	20 Turkey Hot Dog w/Chips	21 Hot Ham & Cheese Sandwich Early Out	22 Meatball Sub Sandwich w/WG Bun	23 Shepard's Pie w/WG Roll
	Salad Bar Featuring -				
	26 Stir Fry w/Brown Rice	27 White Chicken Chili w/WG Roll	28 Cook's Choice Early Out	29 Tater Tot Casserole w/WG Roll	30 Ghoulish
	Salad Bar Featuring -				

Menu Subject to change without notice, due to price and availability.

Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty or Cheeseburger	Corn Dog or Cheeseburger & Baked Chips	Grilled Cheese Sandwich or Cheeseburger & Baked Chips
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
Available Daily: Cheese & Pepperoni Pizza					
Deli Menu	-Ceasar Salad w/chicken	-Tuna Salad Sandwich -Greek Salad w/Garbanzo & Feta	Spinach Salad w/Hardboiled Egg & Cheese	Egg-Salad Sandwich Ceasar Salad w/Chicken	Pita Hummus Plate Taco Salad w/WG Chips