

December 2016

High School Menu Kalispell Public Schools Food Service

Lunch includes: protein option, whole grain option, seasonal fruit, salad bar, and milk.

Breakfast Includes: protein, grain, milk, and fruit.

Milk Choices: Skim, 1% and skim chocolate

All breads, tortillas and grains are at least 50% whole grain



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free – if eligible for free lunch Student: \$1.50 Reduced: \$.30 Adult: \$2.00	Egg, Ham n Cheese English Muffin OR Homemade Muffin with a String Cheese	Breakfast Burrito OR Pancakes and an 8 oz Fruit Smoothie	Homemade Ham n Cheese Pocket OR Homemade Muffin with Yogurt	Cheesy Eggs and a Local Breakfast Sausage Link OR Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin OR Homemade Muffin with a String Cheese
	Available Daily: Cereal, Seasonal Fresh Fruit, Choice of Milk, Ubr Bar or Benefit Bar, Hard-Boiled Egg, Whole Grain Bagel with Cream Cheese TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk				
Home Style Cooking Menu LUNCH: For eligibility call 751-3443 Student: \$2.75 Reduced: \$.40 Adult: \$3.50 Milk \$0.45 Now Local: Burgers Beets, Potatoes, Carrots, Lentils, Apples and more!				1 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	2 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	Market Cart Salad Bar Featuring				
	5 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, avocado	6 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Siracha Sauce	7 Creamy Vegetarian Lasagna with Fall Veggies	8 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	9 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	Market Cart Salad Bar Featuring Salad				
	12 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro	13 Cheese and Beef Enchilada Casserole with Sides of Rice and Beans	14 Pasta Bar Choice of Meaty Marinara or Chicken Alfredo Sauce over Penne Pasta	15 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	16 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	Market Cart Salad Bar Featuring Hearty Winter Salad				
	19 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro	20 T-Day Buffet Turkey, Mashed Potatoes, Chef's Choice Veggies, Cranberries and Homemade Roll	21 Nachos or Burrito Bar with Homemade refried beans, sour cream, salsa, veggies	22 Cooks Choice	23 Winter Break!! See you January 3, 2107!!
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit				
	Available Daily: Burrrito Bar (BB) includes : Tortilla Wrap or Brown Rice, Choice of Taco Meat and/or SW Chicken, And Beans, Lettuce, Salsa, Onions, Sprinkle of Cheese, Salad Bar, Fruit, Milk				
	Menu subject to change without notice, due to price and availability.				
Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty & Veggie Side Salad	Cheeseburger, Mushrooms Burger or Grilled Cheese & Fries	Grilled Chicken Patty, Cheeseburger or Grilled Cheese & Fruit Salad	Local Bratwurst or Cheeseburger & Fries	Grilled Cheese, Pizza Burger & Pasta Salad with Seasonal Veggies
	Available Tuesday - Friday: MT Beef Cheeseburger				
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	-Crunch Hawaiian Chicken Wrap -Caesar Salad w/ chicken	- Tuna Salad Sandwich -Greek Salad with Garbanzo and Feta	Spinach Salad with Hardboiled Egg and Cheese -Cran-Walnut Salad	Egg-Salad Sandwich Caesar Salad with Chicken	Pita Hummus Plate Taco Salad with WG Chips
	Available Daily: Assorted Deli Sandwiches, PB &J, Veggie Wrap with Hummus & Cheese Deli Salad with Meat & Cheese, Vegetarian Spring Mix & Spinach Salad				

Soup Menu	Garden Vegetable or Chicken Tortilla	Beef and Barley or Split Pea	Chicken Noodle or Vegetarian Vegetable	Homemade Chili or Broccoli Cheddar	Clam Chowder or Chicken with Wild Rice
	Soup and Salad as a Full Student Meal come with Milk, Salad Bar, Cheese, Hummus or HB Egg and a Roll, or Slice of Ceres Organic Multigrain Bread.				
Fruit Selection	Apples, Oranges, Bananas	Bananas, Oranges, Strawberries	Grapes, Apples, Bananas	Bananas, Oranges, Other Season Fruit	Apples, Oranges, Other seasonal fruit
Salad Bar	Available Daily: Lettuce Mix, Carrots, Broccoli, Black Beans, Kidney Beans or Garbanzo Beans, Broccoli, Tomatoes, Cucumber, Celery				
	Assorted items available throughout the week: Quinoa, Barley, Lentil Salads, Pasta Salad Potato Salad, Radishes, Snap Peas, Bell Peppers, Celery, Zucchini, Lentil Hummus, Cauliflower, Green Beans, Other Seasonal Vegetables and Fruit				



December Harvest of the Month: Winter Squash

Every month, KPS highlights a farm fresh fruit, vegetable, or grain in season in Montana. Look for the Harvest of the Month on the lunch menu, in cafeteria taste tests, and take home recipes.

Winter squash is an excellent vegetable for the cold weather months in Montana. It is grown during the summer and harvested in the fall. Due to the hard rind the squash are able to be stored well into winter—thus the name winter squash.

Harsh winters make it difficult for vegetables to grow in Montana year round, so squash are great winter nutrition boosters. Winter squash is loaded with vitamins A and C and provides approximately the same amount of potassium as bananas. Vitamin A helps maintain good vision and keeps skin healthy.

Winter squash is delicious on its own, roasted with seasonings. Or add cubed winter squash to chili or to pizza for a delicious and vitamin packed meal.