



January 2017

Elementary School Menu Kalispell Public Schools Food Service



Carrots!

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

Soup Choice is in Gray Font.

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

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH MENU:</p> <p>For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443. *Community Eligibility Provision Qualified Schools include Hedges, Elrod, Peterson and Russell Elementary</p> <p>Regular Prices Reduced: \$0.40 Student: 2.50 Adult: \$3.50</p> <p>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</p> <p>Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!</p> <p>Soup comes with salad bar & a whole grain roll - protein options are. beans, cheese, or hummus.</p> <p>See Breakfast Menu on Reverse Page →</p>	2 NO SCHOOL Holiday				
	3 Fish Sticks with a side of Seasoned Carrots Or Creamy Broccoli Soup and String Cheese				
	4 Turkey Corndog and Coleslaw Or Creamy Broccoli Soup and String Cheese				
	5 Salisbury Streak, Mashed Potatoes, Brown Gravy and a WG Roll Or Chicken and Wild Rice Soup and String Cheese				
	6 Pizza And Carrot Cake Topped with Strawberries & Blueberries Or Creamy Broccoli Soup with String Cheese				
	Market Cart Salad Bar Featuring →				
	9 WG Breaded Chicken Patty On WG Bun with Baked Beans Or Garden Vegetable Soup and Cottage Cheese				
	10 Chicken w/ Black Bean Salsa & tortilla chips Or White Bean And Kale Soup with String Cheese				
	11 Local Polish Dog, topped with Cheese And a side of Glazed Carrots Or Chili w/ MT Beef & Bison, MT Lentils, and Homemade Roll				
	12 Local MT Beef Burger or Cheeseburger on A Bun Or Tomato Soup and a String Cheese				
13 Pizza Or White Bean And Kale Soup with String Cheese					
Market Cart Salad Bar Featuring →					
Local Lentil Hummus					
16 NO SCHOOL PIR Day					
17 BBQ Pork on a Whole Grain Bun Or Split Pea Soup with Cottage Cheese					
18 Nachos with Beef, Refried Beans, Sour Cream, Cheese and Salsa Or White Bean And Kale Soup w/ String Cheese					
19 <u>Beefy gravy over confetti Rice</u> Or Creamy Cauliflower Soup w/ String Cheese					
20 Pizza Or Garden Vegetable Soup and Cottage Cheese & Hummus with Veggies for dipping					
Market Cart Salad Bar Featuring →					
23 Beef Soft-shell Taco w/ Black Beans, Veggies and Cheese Or Chicken Noodle Soup and String Cheese					
14 Hamburger or Veggie Burger on a Bun Or Chili with MT Beef, Bison & Lentils.					
25 4 oz Roasted Chicken and a Waffle with syrup Or Tomato Soup with Cottage Cheese					
26 Sloppy Joe w/ side of peas & carrots Or Chicken and Wild Rice Soup and String Cheese					
27 NO SCHOOL PIR Day					
30 Chicken Nuggets, and WG Roll and Honey Mustard-Sauce Or Garden Vegetable Soup and String Cheese					
31 Stir Fry with Orange Chicken, Veggies and Brown Rice Or Chicken Noodle Soup and String Cheese					
Market Cart Salad Bar Featuring →					
<p>All students must take at least ½ cup of fruit and/or vegetable to complete a school lunch. A School Lunch Includes: (600-650 total calories), 1 cup milk, 1-2oz. protein, 1-2oz. grain, 3/4 cup vegetables, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.</p>					

Fresh Fruit & Vegetable Bar Menu includes: (not limited to)	Fresh or Canned Apples, Fresh Carrots, Broccoli, Lettuce, Peas, Zucchini and/or Cauliflower, Beans	Fresh Citrus Fruit, Canned Peaches, Fresh Carrots, Celery and Lettuce, Corn, Tomatoes, Garbanzo	Fresh Bananas, Canned Pears, Carrots, Broccoli and Lettuce Mix, Corn, Beans, Peas or Corn	Berries or Grapes, Peas, Fresh Carrots, Celery, Lettuce, Fresh Cucumber, Hummus	Fresh Seasonal Fruit, Citrus Fruit, Corn, Fresh Carrots, Broccoli, Lettuce, Kidney Beans
BREAKFAST in the Cafeteria MENU Free: if eligible Student: \$1.50 Reduced: \$.30 Adult: \$2.00	<u>Pancake</u> OR <u>Whole Grain Cereal</u> and String Cheese with Fresh Seasonal or Canned Fruit and Milk	<u>Homemade Ham n Cheese Pocket</u> OR <u>Homemade Cheesy Egg Wrap</u> with Fresh Seasonal or Canned Fruit and Milk	<u>Whole Grain Cereal or Oatmeal</u> and String Cheese with Fresh Seasonal or Canned Fruit and Milk	<u>Homemade Muffin-Cake</u> with Yogurt OR Local Breakfast Sausage with Fresh Seasonal or Canned Fruit and Milk	<u>Scrambled Eggs</u> OR <u>WG Cereal & Cheese Stick</u> with Fresh Seasonal or Canned Fruit and Milk
BREAKFAST in the Classroom MENU (Hedges & Elrod 4 -5 grades)	<u>Homemade Morning Bar and Cheese Stick</u> with Apple or other seasonal fruit, and Milk	<u>Benefit Bar</u> with Banana or other seasonal fruit, and Milk	<u>Homemade Muffin and String Cheese</u> with seasonal fruit, and Milk	<u>Ubr Bar</u> With Strawberry Cup and Milk	<u>Waffle and String Cheese</u> with Sliced Oranges or Orange Juice and Milk



January Harvest of the Month: Carrots

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.

January Harvest of the Month: Carrots

Did you know that carrots were originally purple to black in color, and not orange? Carrots originated in central Asia over one thousand years ago. Today there are over a hundred varieties of carrots that come in many colors--purple, black, yellow, orange, red, and white. In the US, we typically only see orange carrots at grocery stores, but often you can find other colors at farmers markets too.

Carrots are well known for containing high amounts of beta carotene, an antioxidant which is a form of vitamin A. Beta carotene is important for eyesight, skin, and growing bodies. For “x-ray vision” be sure to pack carrots as snacks or add to your meals. Carrots are an easy addition since they are delicious either eaten raw or cooked. Grate carrots to add to salad, slaw, or sandwiches. Roast carrots as a delicious side dish or alternative to French fries!

