

January 2017

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.

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.*



Carrots!

	Monday	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST: Free – if eligible for free lunch Student: \$1.50 Reduced: \$.30 Adult: \$2.00	Egg n Cheese on English Muffin OR Yogurt Parfait with Peaches, Blueberries and Granola	Breakfast Burrito OR Fruit Smoothie and Homemade Muffin/Cake	Egg, ham n Cheese on WG Bagel, OR Scrambled Eggs and Homemade Breakfast Bar	Homemade Ham n Cheese Pocket OR Fruit Smoothie and Homemade Muffin/Cake	Breakfast Burrito OR Yogurt Parfait with Peaches, Blueberries and Granola or Puffed Kamut	
	Available Daily: Cereal, Seasonal Fresh Fruit, Choice of Milk, Benefit Bar, Yogurt, String Cheese, Hard-Boiled Egg, Whole Grain Bagel with Peanut Butter & Jelly BROWN-BAG TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Yogurt or String Cheese, 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, Pesto, Carrots Lentils, Tomatoes, Cucumbers and more!	2 Holiday	3 Nachos or Burrito Bar with Homemade refried beans, sour cream, salsa, veggies	4 Breakfast Burrito Bar with Fried Potatoes, Scrambled Eggs, Salsa, Sour Cream	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, Mexicali Corn	
	Market Cart Salad Bar Featuring → Chilled Mediterranean Salad with local carrots & tomatoes, feta, and basil					
	9 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	10 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	11 Lasagna - Choice of Alfredo Vegetable Lasagna or Meaty Tomato-Mozzarella Lasagna	12 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	13 Asian Bowl Bar w/ Chicken Stir Fry, Vegetables and Fried Brown Rice	
	Market Cart Salad Bar Featuring → Lentil Hummus with Zucchini Medallions for dipping and Pita Wedges					
	16 PIR Day NO SCHOOL	17 Nachos or Burrito Bar with Homemade refried beans, sour cream, salsa, veggies	18 Pasta Bar Choice of Meaty Marinara or Chicken Alfredo Sauce over Penne Pasta	19 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, avocado	20 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn	
	Market Cart Salad Bar Featuring → Chilled Southwest Salad with Cilantro, Beans and local tomatoes					
	23 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	24 Burrito Bar or Chicken Fajitas with Green Peppers with beans, veggies sour cream, avocado	25 Asian Bowl Bar w Chicken, Stir Fry Vegetables, Fried Brown Rice	26 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	27 PIR Day NO SCHOOL	
	30 Baked Potato Bar with Sour Cream, Chives, Chili, Cheese	31 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro				
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit					
	Available Daily: Burrito 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 Malibu Chicken & Sweet Potato Fries	Mushroom and Swiss Burger & Fries	Local Bratwurst Grilled Cheese & Fruit Salad	Grilled Chicken Patty with BBQ Sauce, & Fries	Grilled Cheese, Hot Pesto Turkey & Vegetable and Grain/Pasta Salad	
	Available Tuesday - Friday: MT Beef Cheeseburger					

Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza	Chicken-Spinach Pizza	Pesto-Cheese 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 Hard boiled 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	Tomato Basil w Raviolini 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				



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!

