

March 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.

Menu subject to change without notice, due to price and availability. *This institution is an equal opportunity provider.*



	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 Fruit Muffin, Whole Grain English Muffin 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: \$3.25 Milk \$0.45 Now Local: Burgers Beets, Potatoes, Pesto, Carrots Lentils, Apples and more!		1 Nachos or Burrito Bar with Homemade refried beans, sour cream, salsa, veggies	2 Tator Tot Casserole with Cheese, Green Beans, Sour Cream	3 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	4 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	Market Cart Salad Bar Featuring		Local Beet and Cabbage Slaw		
	7 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, avocado	8 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Siracha Sauce	9 Asian Bowl Bar w Chicken, Stir Fry Vegetables, Fried Brown Rice	10 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	11 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	Market Cart Salad Bar Featuring		Festive Local Beet Salad		
	14 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	15 Beefy Mushroom Gravy over Mashed Potatoes and a Roll	16 Pasta Bar Choice of Meaty Marinara or Chicken Alfredo Sauce over Penne Pasta	17 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	18 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	Market Cart Salad Bar Featuring		Sweet and Sour Red Beets Salad with Local Beets		
	21 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro	22 Turkey, Mashed Potatoes, Chef's Choice Veggies, and Homemade Roll	23 Creamy Vegetarian Lasagna with Veggies	24 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	25 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	28 Enjoy Spring Break	29	30	31	
	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 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				



March Harvest of the Month: BEEF!

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Keep it moooving! Beef packs a powerful nutritional punch. It is an excellent source of protein for building strong muscles and contains important nutrients like iron and B vitamins. Select lean cuts of beef, trim the fat, and drain cooked ground beef to lower the fat content. There are many ways to cook up a healthy meal with beef. Consider making beef fajitas by piling your favorite veggies in a whole-grain wrap with thinly sliced stir-fried beef.

Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle. These bovines have been grazing in our nation's fields since the 1500s! Cattle are ruminants, which means they have four-chambered stomachs that allow them to digest grasses.

This month, beef from {INSERT TOWN OR RANCH HERE IF MONTANA/LOCALLY GROWN} will be featured for {INSERT MEAL} on {INSERT DAY}! Students can vote if they "Tried it, Liked it, or Loved it" after trying the Harvest of the Month item in the {INSERT LOCATION OF VOTING, *remove this section if you are not conducting a voting or a taste-test*}.

