



Aug/Sept. 2018

Elementary School Menu KalisPELL Public Schools Food Service

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.



Summer Squash!

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH MENU:	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				
Regular Prices Reduced: \$0.40 Student: 3.00 Adult: \$3.50	27 August No School PIR/Staff Orientation	28 August No School PIR/Staff Orientation	29 Local Montana Cheeseburgers/Hambu rger Or Creamy Broccoli Soup & String Cheese	30 Corn Dog w/ Baked Beans Or Garden Vegetable Soup & Cottage Cheese	31 Pizza Or Split Pea Soup & String Cheese
	Market Cart Salad Bar Featuring			Zucchini Muffin Bites	
CEP Qualified Schools* – Breakfast and Lunch is FREE For Students	3 Labor Day No School	4 Chicken Filet Sandwich on Bun Or Chicken Noodle Soup & String Cheese	5 Spaghetti w/ Meat Sauce and Garlic Bread Or Tomato Soup with Cottage Cheese	6 Chicken Quesadilla w/ refried beans Or Creamy Broccoli Soup and String Cheese	7 Pizza Or Split Pea Soup & String Cheese
	Market Cart Salad Bar Featuring			Local Squash Salad	
Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!	10 BBQ Meatballs w/ Cheesy Mashed Potato Or Chicken and Wild Rice Soup	11 Chicken Filet with Local Roasted Broccoli Or Chicken Noodle Soup and String Cheese	12 Local MT Beef Burger or Cheeseburger Or Tomato Soup & String Cheese	13 Beef Soft Shell Taco w/ Rice Or Creamy Broccoli Soup & String Cheese	14 Pizza Or Split Pea Soup & Cottage Cheese & Hummus with Zucchini for dipping
	Market Cart Salad Bar Featuring			Zucchini Cake	
Soup comes with salad bar & a whole grain roll - protein options are. beans, cheese, or hummus.	17 Sloppy Joes with Steamed Squash Or Chicken & Wild Rice Soup and String Cheese	18 Turkey Gravy w/ Mashed Potato, Dinner Roll Or Chicken Noodle Soup and String Cheese	19 Local MT Beef Burger or Cheeseburger w/ Local Roasted New Potatoes Or Tomato Soup with Cottage Cheese	20 Hoagie Sandwich with Goldfish crackers Or Creamy Broccoli Soup & String Cheese	21 Pizza Or Split Pea Soup & String Cheese
	24 Roasted Chicken and Local Veggies Or Chicken & Wild Rice Soup and String Cheese	25 Burrito w/ Mexi-Rice Or Chicken Noodle Soup and String Cheese	26 Local Polish Dog topped with Cheese Or Tomato Soup and String Cheese Early Release Day	27 Chicken Soft Shell Taco w/ refried Beans Or Creamy Broccoli Soup and String Cheese	28 Pizza Or Split Pea Soup & String Cheese
See Breakfast Menu on Reverse Page →	Market Cart Salad Bar Featuring				
	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.				
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: \$1.75 Reduced: \$.30 Adult: \$2.00	<u>Muffin Cake with Yogurt or Local Sausage</u> OR <u>Whole Grain Cereal and String Cheese with Fruit and Milk</u>	<u>Hot Ham and Cheese Pocket</u> OR <u>WG Cereal w/ String Cheese with Fruit and Milk</u>	<u>Whole Grain Cereal</u> Or <u>Oatmeal</u> and String Cheese with Fruit and Milk	<u>Yogurt Parfait w/ Fruit Topping and Local Sausage</u> with Fruit and Milk	<u>Scrambled Eggs with Ham and Cheese</u> OR <u>WG Cereal & Cheese Stick</u> with Fruit and Milk



September Harvest of the Month: Summer 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.

September Harvest of the Month: Summer Squash

Squash have been a part of our agricultural landscape for a long time! Most squash varieties were first grown and developed in America and were later brought to Europe. However, zucchini originated in Italy. Botanically speaking, squashes are the immature fruit of the plant, and you will notice the seeds are inside. Summer squashes are a good source of vitamin C, and contains manganese, potassium, and vitamin B₆. Manganese is critical in the formation of bone and to keep your skeleton healthy! Try eating summer squash raw or cooked in pasta salads, baked into zucchini chips, or cut into sticks or rounds to eat with your favorite dip.

Summer squash are a great addition to any garden. Zucchini can be very productive and with any luck you will have enough to share with your neighbors. Summer squash need full sun and plenty of room to grow. Some varieties can be successfully grown in containers or trained to grow up a trellis to take up less space in small gardens.

