



# Aug/Sept. 2019

## Elementary School Menu Kalispell Public Schools Food Service



### KALE


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
<b>LUNCH MENU:</b>	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				
<b>Regular Prices</b> Reduced: \$0.40 Student: 3.00 Adult: \$3.50	26 August No School PIR/Staff Orientation	27 August No School PIR/Staff Orientation	28 Chicken Patty Sandwich on WG Bun Or Tomato Soup & String Cheese	29 Spaghetti w/ Meat Sauce Or Creamy Broccoli Soup & Cottage Cheese	30 Pizza Or Split Pea Soup & String Cheese
	Market Cart Salad Bar Featuring →				
<b>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</b>	2 Labor Day  No School	3 Beef Soft Shell Taco w/ Cheese, Salsa Sour Cream Or Chicken Noodle Soup & String Cheese	4 Corn Dogs Or Tomato Soup with Cottage Cheese	5 Salisbury Steak w/ Mashed Potato/Gravy Or Creamy Broccoli Soup and String Cheese	6 Pizza Or Split Pea Soup & String Cheese
	Market Cart Salad Bar Featuring →				
<b>Local Now:</b> Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!  Soup comes with salad bar & a whole grain roll - protein options are. beans, cheese, or hummus.	9 Sunbutter/Banana Roll ups and Strawberries Or Chicken and Wild Rice Soup	10 Mexi-Mac 'n' Cheese Or Chicken Noodle Soup and String Cheese	11 Local MT Beef Burger or Cheeseburger Or Tomato Soup & String Cheese	12 Pancakes/Local Sausage Or Creamy Broccoli Soup & String Cheese	13 Pizza Or Split Pea Soup & Cottage Chee
	Market Cart Salad Bar Featuring →				
See <b>Breakfast Menu</b> on Reverse Page →	16 BBQ Meatballs w/ Rice Or Chicken & Wild Rice Soup and String Cheese	17 Pasta Salad w/ Pepperoni, Cheese, Tomato and Dinner Roll Or Chicken Noodle Soup and String Cheese	18 Hoagie Sandwiches Or Tomato Soup with Cottage Cheese	19 Chili/Cinnamon Roll Or Creamy Broccoli Soup & String Cheese	20 Pizza Or Split Pea Soup & String Cheese
	23 Local Hot Dog on WG Bun Or Chicken & Wild Rice Soup and String Cheese	24 Beefy Nachos Or Chicken Noodle Soup and String Cheese	25 Chicken Tenders w/ Homemade Honey Mustard Sauce Or Tomato Soup and String Cheese <b>Early Release Day</b>	26 Burrito w/ Salsa and Sour Cream Or Creamy Broccoli Soup and String Cheese	27 Pizza Or Split Pea Soup & String Cheese
	29 Chicken Patty w/ Cheesy Potatoes OR Chicken and Wild Rice Soup & String Cheese				

	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.				
<b>Fresh Fruit &amp; Vegetable Bar Menu includes:</b> (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
<b>BREAKFAST in the Cafeteria MENU</b> Free: if eligible Student: \$1.75 Reduced: \$ .30 Adult: \$2.00	<u>Homemade Muffin w/ Local Sausage</u> OR <u>Whole Grain Cereal and String Cheese with Fruit and Milk</u>	<u>Breakfast Burrito</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 Milk</u> or WG Cereal w/ String Cheese, Fruit and Milk	<u>WG Cereal &amp; Cheese Stick</u> with Fruit and Milk
<b>BREAKFAST In the Classroom – Cayuse Prairie</b>	<u>Homemade Muffin w/ String Cheese Fruit and Milk</u>	<u>Breakfast Burrito w/ Fruit and Milk</u>	<u>Pancake w/ Cinnamon Sugar w/ Fruit and Milk</u>	<u>Hot Ham and Cheese Pocket w/ Fruit and Milk</u>	UBR or Benefit Bar w/ Fruit and Milk



**September Harvest of the Month: KALE**

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.

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