



Aug/Sept. 2020

Elementary School Menu Kalispell Public Schools Food Service



KALE

Lunch includes: entrée listed below, fruit, milk, and veggie

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
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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				
	24 August No School PIR/Staff Orientation	25 August No School PIR/Staff Orientation	26 No School PIR/Staff Orientation	27 No School PIR/Staff Orientation	28 Elementary Open House, no lunch served.
Regular Prices Student: \$3.00 Reduced: \$0.40 Student: 3.00 Adult: \$3.50	Market Cart Salad Bar Featuring →				
	31 August Cheeseburger on WG Bun w/ veggie fruit and milk	1 September Burritos w/ veggie, fruit, and milk	2 Corn Dog w/ Veggies, fruit and milk	3 Chicken Patty on WG Bun w/ Veggie, fruit and milk	4 Mac 'n' Cheese w/ Veggie, fruit and milk
Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!	Market Cart Salad Bar Featuring →				
	7 LABOR DAY NO SCHOOL	8 Beef Tacos w/ cheese, salsa, sour cream, fruit, veggie and milk	9 Chicken Tenders w/ Fruit, Veggie and milk	10 Hoagie Sandwich w/ fruit, veggie and milk	11 Mac 'n' Cheese w/ veggie, fruit and milk
See Breakfast Menu on Reverse Page →	Market Cart Salad Bar Featuring →				
	14 Sloppy Joes on WG Bun w/ fruit, veggies and milk	15 Quesadilla w/ Chicken w/ fruit, veggie and milk	16 Chili w/ Cornbread, fruit, veggie and milk	17 Turkey Gravy w/ Mashed Potatoes, fruit, veggie and milk	18 Mac 'n' Cheese, w/ veggie, fruit and milk
	21 Spaghetti w/ Meat Sauce/Dinner Roll, w/ fruit, veggie and milk	22 Cheeseburger on WG Bun w/ fruit, veggie and milk	23 Corn Dog w/ fruit, veggie, and milk	24 Burrito w/ fruit, veggie and milk	25 Mac 'n' Cheese w/ veggie, fruit and milk
	28 Chicken Patty on WG Bun w/ fruit, veggie and milk	29 BBQ Pork on WG Bun w/ fruit, veggie and milk	30 Local Hot Dog on WG Bun w/ fruit, veggie and milk		
	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.

BREAKFAST in the Cafeteria MENU Free: if eligible Student: \$1.75 Reduced: \$.30 Adult: \$2.00	<u>Homemade Muffin and String Cheese with Fruit and Milk</u>	<u>Oatmeal w/ Yogurt or WG Cereal with Fruit and Milk</u>	<u>Breakfast Burritos with Fruit and Milk</u>	<u>WG Pancakes w/ Cinn. Sugar, Fruit String Cheese, Fruit and Milk</u>	Breakfast Sandwich with Fruit and Milk
BREAKFAST In the Classroom – Cayuse Prairie	<u>Homemade Muffin w/ String Cheese Fruit and Milk</u>	<u>Bagel w/ Cream Cheese, string cheese, fruit and milk</u>	<u>Pancake w/ Cinnamon Sugar w/ Fruit and Milk</u>	<u>WG Pancakes w/ Cinn. Sugar, Fruit, String Cheese 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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