

# Aug/September 2020

## High School Menu Kalispell Public Schools Food Service

Lunch includes: protein option, whole grain option, seasonal fruit, salad or veggies 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

### Local Harvest of the Month is Kale

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST:</b> Free – if eligible for free lunch Student: \$1.50 Reduced: \$ .30 Adult: \$2.00	Pancake w/ 8 oz smoothie <b>OR</b> Yogurt Parfait with Peaches, Blueberries and Granola	Breakfast Burrito <b>OR</b> Fruit Smoothie and French Toast Sticks	Homemade Muffin <b>OR</b> Scrambled Eggs and Homemade Breakfast Bar	Oatmeal <b>OR</b> Whole Grain Cereal	Breakfast Sandwich, Ham, Egg, Cheese <b>OR</b> 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 <b>TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Yogurt or String Cheese, Granola Bar or Muffin, and Choice of Milk</b>				
<b>LUNCH:</b> For eligibility call 751-3443 Student: \$3.00 Reduced: \$.40 Adult: \$3.50 Milk \$0.45  <b>Now Local:</b> Burgers Beets, Potatoes, Pesto, Carrots Lentils, Apples and more!	24 August No School PIR/Staff Orientation	25 August No School PIR/Staff Orientation	26 <u>August</u> No School PIR/Staff Orientation	27 August No School PIR/Staff Orientation	28 9 <sup>th</sup> Grade Lunch Cheeseburgers w/ Baked Chips, fruit, veg and milk
	Market Cart Salad Bar Featuring				
	31 August Corn Dog w/ fruit, veg, milk	1 September Chicken Patty on WG Bun, fruit, veg, milk	2 Hot Dog on WG Bun w/ fruit, veg, milk	3 Beef Tacos w/ Cheese, salsa, sour cream	4 Cheeseburger or Caesar Chicken Wrap
	Market Cart Salad Bar Featuring				
	7 NO SCHOOL/ LABOR DAY	8 Spaghetti w/ Meat Sauce/Dinner Roll Fruit, veg, milk	9 Mexi Mac/Cheese w/ fruit, veg, milk	10 Meatball Sub w/ fruit, veg, milk	11 Cheeseburger or Caesar Chicken Wrap
	Market Cart Salad Bar Featuring				
	14 Ham/Cheese Frittata w/ Muffin	15 Turkey Gravy w/ Mashed Potato and Roll	16 Beefy Burrito w/ fruit, veg, milk	17 BBQ Pork on WG Bun w/ fruit, veg, milk	18 Cheeseburger or Caesar Chicken Wrap
	21 Cheeseburger on WG Bun w/ fruit, veg, milk	22 Salisbury Steak w/ Mashed Potatoes/Gravy w/ fruit, veg, milk	23 Chicken Tenders WG Roll, fruit, veg, milk	24 Chili w/ Cheese WG Dinner Roll, fruit, veg, milk	25 Cheeseburger or Caesar Chicken Wrap
	28 Corn Dog w/ fruit, veg, milk	29 Chicken Patty on WG Bun w/ fruit, veg, milk	30 Mexi Mac 'n' Cheese w/ fruit, veg, milk		
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit				
Menu subject to change without notice, due to price and availability.					
<b>Grill Menu</b>	Grill Ham & Cheese or Malibu Chicken	Mushroom and Swiss Burger	Corn Dog Grilled Cheese & Fruit Salad	Grilled Chicken Patty with BBQ Sauce,	Grilled Cheese, Hot Pesto Turkey & Vegetable and Grain/Pasta Salad
	Available Tuesday - Friday: MT Beef Cheeseburger				
<b>Pizza Menu</b>	Pepperoni Pizza	BBQ Chicken Pizza	Chicken-Spinach Pizza	Pesto-Cheese Pizza	Sausage Pizza
	Available Daily: Cheese & Pepperoni Pizza				
<b>Deli Menu</b>	-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 -Oriental Chicken Salad w/ mandarin Oranges	-Pita Hummus Plate -Veggie/Grain Salad -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				
<b>Soup Menu</b>	Cooks Choice	Cooks Choice	Cooks Choice	Cooks Choice	Cooks Choice
	Soup and Salad as a Full Student Meal come with Milk, Salad Bar, Cheese, Hummus or HB Egg and a Roll, or Slice of Local Bakery Organic Multigrain Bread.				
<b>Fruit Selection</b>	Apples, Oranges, Bananas	Bananas, Oranges, Strawberries	Grapes, Apples, Bananas	Bananas, Oranges, Other Season Fruit	Apples, Oranges, Other seasonal fruit
<b>Salad or Veggie</b>	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				



**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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