

Aug/September 2018

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



Local Harvest of the Month is Summer Squash

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free – if eligible for free lunch Student: \$1.50 Reduced: \$.30 Adult: \$2.00	Egg n Cheese on English Muffin OR Yogurt Parfait with Peaches, Blueberries and Granola	Pancakes OR Fruit Smoothie and French Toast Sticks or Homemade Muffin	Chia Pudding OR Scrambled Eggs and Homemade Breakfast Bar	Breakfast Bowl w/ Quinoa OR Fruit Smoothie and Homemade Muffin Cake	Breakfast Burrito OR 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 TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Yogurt or String Cheese, Granola Bar or Muffin, and Choice of Milk				

Home Style Cooking Menu LUNCH: For eligibility call 751-3443 Student: \$2.75 Reduced: \$.40 Adult: \$3.50 Milk \$0.45 Now Local: Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!	27 August No School PIR/Staff Orientation	28 August No School PIR/Staff Orientation	29 August Meatball Sub	30 Salisbury Steak w/ Mashed Potatoes/Gravy and Peas	31 Pasta Bar w/ Breadsticks
	Market Cart Salad Bar Featuring → Chilled Mediterranean Salad with Zucchini, local tomatoes, feta, and basil				
	3 No School Labor Day	4 Burrito Bar w/ beef, cheese, rice, beans, veg, sour cream and Salsa	5 Tuna Casserole	6 One Pan Roasted Veggies and Chicken	7 Pasta Bar w/ Breadsticks
	Market Cart Salad Bar Featuring → Lentil Hummus with Zucchini Medallions for dipping and Pita Wedges				
	10 Orange Chicken w/ Rice and Veggies	11 Nachos w/ chicken or Beef, refried beans, veg, sour cream and Salsa	12 Tater Tot Casserole	13 Turkey Gravy w/ Mashed Potatoes and Corn	14 Pasta Bar w/ Breadsticks
	Market Cart Salad Bar Featuring → Chilled Southwest Salad with Cilantro, Beans and local tomatoes				
	17 Pork Stir Fry w/ Rice and Veggies	18 Burrito Bar or Chicken Fajitas with Green Peppers with beans, veggies sour cream, avocado	19 Chicken with Rice and Quinoa	20 Caprese Chicken w/ Garlic/Cheese Mashed Potatoes	21 Pasta Bar w/ Breadsticks
	24 Chicken Tikka Masala w/ Rice	25 Nachos or Burrito Bar with Homemade refried beans, sour cream, salsa, veggies	26 Sloppy Joes on WG Bun Early Release Day	27 Shepards Pie	28 Pasta Bar w/ Breadsticks
	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 Malibu Chicken & Sweet Potato Fries	Mushroom and Swiss Burger & Fries	Corn Dog Grilled Cheese & Fruit Salad	Grilled Chicken Patty with BBQ Sauce, & Fries	Grilled Cheese, Hot Pesto Turkey & Vegetable and Grain/Pasta Salad
	Available Tuesday - Friday: MT Beef Cheeseburger				
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza	Chicken-Spinach Pizza	Pesto-Cheese 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 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				
Soup Menu	Garden Vegetable or Chicken Tortilla	Tomato Basil w Raviolini 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 Local Ceres Bakery 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				



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.

