

DECEMBER 2020

Elementary School Menu Kalispell Public Schools Food Service

Lunch includes: entrée listed below, fruit, milk, fruit 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.



LENTILS

	Monday	Tuesday	Wednesday	Thursday	Friday
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LUNCH MENU: Breakfasts and Lunches Free for all Students Reimbursable Meals Only Thru December 2020 Adult: \$3.50 Local Now: Carrots Burgers, Lentils, Wheat Montana Rolls, Squash, And more! See Breakfast Menu on Reverse Page →	For Menu Questions or Ideas please call Director or Asst. Director, Jana or Patty 406-751-3646. For questions about student accounts or eligibility for free or reduced meals please call Shari at FS Office 406-751-3443.					
		1 CHICKEN FILLET ON WG BUN w/ Fruit, Veggie and Milk	2 MAC 'N' CHEESE W/ BROCCOLI Fruit, Veggie and Milk	3 PULLED PORK W/ BBQ SAUCE on WG Bun, Coleslaw, Fruit and Milk	4 PIZZA Fruit, Veggie and Milk	
	7 CHICKEN QUESADILLA W/ SALSA AND SOUR CREAM, Fruit, Veggie and Milk	8 JACKS PANCAKES W/ SAUSAGE AND SYRUP, Fruit, Veggie and Milk	9 LOCAL HOT DOG ON WG BUN w/ Fruit, Veggie and Milk	10 CHEESEBURGER ON WG BUN w/ Fruit, Veggie and Milk	11 PIZZA Fruit, Veggie and Milk	
	14 CHILI AND CORNBREAD w/ Veggie, Fruit and Milk	15 PARMESAN CHICKEN PASTA W/ DINNER ROLL With Fruit, Veggie and Milk	16 HOAGIE SANDWICH ON WG ROLL w/ Fruit, Veggie, Milk and COOKIE	17 CORN DOGS w/ Fruit, Veggie and Milk	18 PIZZA w/ Fruit, Veggie and Milk	
	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	
	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		
						
	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, ¾ cup vegetables, ½ cup fruit, Students Must take at least ½ cup of fruit/vegetable.					

BREAKFAST in the Cafeteria MENU Adult: \$2.00	<u>Homemade Muffin and Yogurt</u> with Fresh Seasonal or Canned Fruit and Milk	<u>Oatmeal w/ Yogurt</u> with Seasonal or Canned Fruit and Milk	<u>Scrambled Eggs w/ Cheese</u> with Apple Slices or other Seasonal Fruit and Milk	<u>WG Pancakes w/ Cinnamon Sugar</u> with Fresh Seasonal or Canned Fruit and Milk	<u>Bagel w/ Cream Cheese</u> with Seasonal Fruit and Milk
BREAKFAST in the Classroom MENU (Cayuse)	<u>Homemade Muffin and String Cheese</u> with Fresh Seasonal Fruit and Milk	<u>Breakfast Sandwich w/ Ham, Cheese, Egg</u> with Local Apple or Apples Slices and Milk	Pancakes w/ Cinn. Sugar and Local Sausage With Fresh Fruit Orange Juice and Milk	<u>Breakfast Burrito</u> with Banana or Other Seasonal Fruit and Milk <small>*substitution of <u>Benefit Bar</u> in classrooms with peanut allergies</small>	<u>Uber Bar and String Cheese</u> with Fresh Seasonal Fruit and Milk



November Harvest of the Month: Lentils

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.