

Middle School-February 2025

Harvest of the Month: Beets

Lunch includes: entrée listed below, fruit, milk, and an unlimited cold fruit and vegetable bar.

Hummus and Roll or Peanut-Butter (or Sunbutter) and Jelly Sandwich available as a substitution with advanced request.

All grains are at least 50% whole grain. Students must take ½ cup fruit and/or vegetables with meal. Milk choice includes skim, 1% and skim chocolate. Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.

Lunch Menu

Kalispell Public Schools Food Service



Breakfast in the Cafeteria Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Free: if eligible Student: \$2.00 Reduced: \$0.30 Adult: \$2.25	Egg Ham and Cheese English Muffin OR Homemade Muffin w/String Cheese	Breakfast Burrito OR Pancakes and an 8oz Fruit Smoothie	Oatmeal OR WG Cereal Fruit, Milk, Yogurt or String Cheese	Cheesy Eggs, & a WG Bagel OR Pancakes & a 8oz Fruit Smoothie	Egg & Cheese English Muffin OR WG Cereal w/Fruit, Milk Yogurt or String Cheese

For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3400 x3443. *Community Eligibility Provision Qualified Schools include all District #5 Schools SY24-25 through SY27-28.

All Students must take at least ½ cup of fruit and/or vegetables to complete a school lunch.

A school lunch includes: (600-650 total calories), 1 cup milk, 1-2oz. grain, ¾ cup vegetables, ½ cup fruit.

Students must take at least ½ cup of fruit/vegetables.

Lunch Menu:	Monday	Tuesday	Wednesday	Thursday	Friday
Regular Prices Reduced: \$0.40 Student: \$3.25 Adult: \$4.25	3 Meatball Sub w/WG Bun	4 Pizza; White Chicken Chili w/WG Roll	5 Pizza; Corndogs	6 Pizza; Pork Stir Fry w/Brown Rice	7 Beef Nachos w/WG Chips
CEP Qualified Schools*- Breakfast & Lunch are Free for Students	Salad Bar Featuring -				
	10 Chicken Tenders (4) w/WG Roll	11 Pizza; BBQ Pulled Pork Sandwich w/Coleslaw	12 Pizza; WG Pancakes w/Link Sausage	13 Pizza; Chicken Gyros w/WG Pita, Tzatziki Sauce	14 Beef Burritos (Rice/Beans/Meat)
	Salad Bar Featuring -				
Local Now: Apples, Carrots, Burgers, Lentils, Wheat Montana Bread, Squash, and more!	17 NO SCHOOL	18 Pizza; Sloppy Joe's w/WG Bun	19 Pizza; Breakfast Burrito	20 Pizza; Mac-n-Cheese w/WG Pasta	21 Breaded Chicken Sandwich w/WG Bun
	Salad Bar Featuring -				
* Hoagies & PBJ Daily	24 Cook's Choice	25 Pizza; Hot Ham & Cheese Sandwich w/WG Bun	26 Pizza; WG Pancake on Stick	27 Pizza; Spaghetti w/WG Roll	28 Cheeseburgers w/WG Bun
* Burgers Mon., Wed., Fri.	Salad Bar Featuring -				
* Chicken Tue., Thur.					
	Salad Bar Featuring -				