

Middle School-December 2024

Harvest of the Month: Carrots

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: Regular Prices Reduced: \$0.40 Student: \$3.25 Adult: \$4.25	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Cook's Choice	3 Pizza; Tater Tot Casserole	4 Pizza; Pancake on Stick	5 Pizza; White chicken Chili w/WG Roll	6 Burrito Bar, Rice/Beans/Meat
CEP Qualified Schools*- Breakfast & Lunch are Free for Students	Salad Bar Featuring -				
	9 Tomato Soup w/Grilled Cheese	10 Pizza; Pulled Pork Sandwich w/Coleslaw	11 Pizza; Corndogs	12 Pizza; Chicken Nuggets (4) w/WG Roll	13 Bosco Sticks (2) w/Marinara
	Salad Bar Featuring -				
	16 Beef Nachos, Beef/Bean/Cheese	17 Pizza; Turkey Hot Dog	18 Pizza; Hot Ham & Cheese Sandwich w/WG Bun	19 Pizza; Orange Chicken w/Veggie & Brown Rice	20 Hamburger Gravy w/Mashed Potatoes
	Salad Bar Featuring -				
	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
	Salad Bar Featuring -				
	30 NO SCHOOL	31 NO SCHOOL Pasta	Jan 1 NO SCHOOL		
	Salad Bar Featuring -				

Local Now:
Apples, Carrots,
Burgers, Lentils,
Wheat Montana
Bread, Squash, and
more!

* Hoagies & PBJ
Daily

* Burgers Mon.,
Wed., Fri.

* Chicken Tue.,
Thur.