

# High School - November 2024

## Harvest of the Month: Potatoes

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
<b>CEP Qualified Schools*- Breakfast &amp; Lunch are Free for Students</b>  <b>Local Now:</b> Apples, Carrots, Burgers, Lentils, Wheat Montana Bread, Squash, and more!					<b>1</b> Hot Dog w/WG Bun w/Baked Beans
	Salad Bar Featuring -				
	<b>4</b> Pork Stir Fry w/Brown Rice	<b>5</b> Meatball Sub Sandwich w/WG Bun	<b>6</b> Tater Tot Casserole	<b>7</b> Cook's Choice	<b>8</b> Nachos w/WG Chips, Beans & Meat
	Salad Bar Featuring -				
	<b>11</b> Pork Verde Chili w/Tortilla Chips	<b>12</b> Spaghetti w/Meat Sauce w/WG Roll	<b>13</b> Breakfast Sandwich, Egg, Ham, Cheese/English Muffin	<b>14</b> Beef Burrito Bar	<b>15</b> Hot Ham & Cheese Sandwich w/WG Bun w/Baked Chips
	Salad Bar Featuring -				
	<b>18</b> Chicken Gyro w/WG Pita, Tzatziki Sauce	<b>19</b> Pulled Pork Sandwich w/Coleslaw w/WG Bun	<b>20</b> Cook's Choice	<b>21</b> Sloppy Joe's w/ WG Bun	<b>22</b> Turkey Gravy w/Mashed Potatoes w/WG Roll
	Salad Bar Featuring -				
	<b>25</b> Corndog w/Baked Chips	<b>26</b> Chicken Strips w/WG Roll	<b>27</b> NO SCHOOL	<b>28</b> NO SCHOOL	<b>29</b> NO SCHOOL
	Salad Bar Featuring -				

### Menu Subject to change without notice, due to price and availability.

Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty	Corn Dog & Baked Chips	Grilled Cheese Sandwich, Baked Chips
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
Available Daily: Cheese & Pepperoni Pizza					
Deli Menu	-Crunch Hawaiian Chicken Wrap -Ceasar Salad w/chicken	-Tuna Salad Sandwich -Greek Salad w/Garbanzo & Feta	Spinach Salad w/Hardboiled Egg & Cheese	Egg-Salad Sandwich Ceasar Salad w/Chicken	Pita Hummus Plate Taco Salad w/WG Chips

