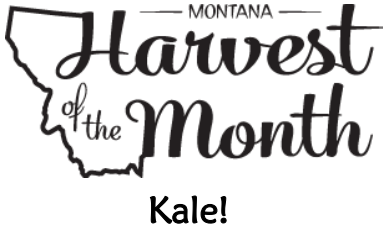




October 2017

Trinity Lutheran School Menu Kalispell Public Schools Food Service



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

Soup Choice is in Gray Font.

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%.

Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>SCHOOL LUNCH MENU:</p> <p>Regular Prices Reduced: \$0.40 Student: 3.00 Adult: \$3.50</p> <p>Local Now: Carrots Burgers, Lentils, Wheat Montana Rolls, Squash, And more!</p> <p>Soup comes with salad bar & a whole grain roll - protein options are, beans, cheese, or hummus.</p>	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. *Community Eligibility Provision Qualified Schools include Hedges, Elrod, Peterson and Russell Elementary					
	2 Shepards Pie Or Ravioli Soup	3 Chili w/ cheese and Cornbread Or Chicken Noodle Soup	4 National Kale Day! Beef Enchiladas w/ salsa and sour cream	5 Corn Dog w/ baked beans Or Creamy Broccoli Soup	6 Pizza	
	Market Cart Salad Bar Featuring			Fall Hummus, pumpkin/carrot		
	9 BBQ Meatballs w/ Mashed Potato	10 Chicken Filet on a Bun Or Chicken Noodle Soup	11 Spaghetti	12 MT Beef Cheeseburger on a Bun	13 Pizza	
	Market Cart Salad Bar Featuring			Choose Your Own Adventure Kale Salad		
	16 Turkey Gravy w/ Mashed Potatoes/Gravy and a Roll	17 Corn Dog w/ Baked Beans Or Chicken Noodle Soup	18 No SCHOOL	19 No SCHOOL	20 No SCHOOL	
	Market Cart Salad Bar Featuring			Hearty School Garden Salad with Winter Greens and Carrots		
	23 Sloppy Joe with coleslaw	24 Beef Soft Shell Taco w/ Black Beans w/ cheese, salsa, sour cream Or Chicken Noodle Soup MT CRUNCH TIME!	25 Chicken Filet w/ Mashed Potato & Gravy Or Ravioli Soup	26 Burritos, salsa, sour cream Or Creamy Broccoli Soup	27 Pizza	
	30 Breakfast for lunch Pancakes/Waffles w/ Syrup and sausage link	31 Local Polish Dog Or Chicken Noodle Soup & String Cheese				
	Market Cart Salad Bar Featuring			Local Kaleslaw		
	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, 3/4 cup vegetables, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.					