

# JUNE 2017

## Elementary 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 Sun Butter) 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><b>LUNCH MENU:</b></p> <p>For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443. *Community Eligibility Provision Qualified Schools include Hedges, Elrod, Peterson and Russell Elementary</p> <p><b>Regular Prices</b> Reduced: \$0.40 Student: 2.75 Adult: \$3.50</p> <p><b>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</b></p> <p><b>Local Now:</b> Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!</p> <p>Soup comes with salad bar &amp; a whole grain roll - protein options are beans, cheese, or hummus.</p> <p>See <b>Breakfast Menu</b> on Reverse Page →</p> <p><b>Fresh Fruit &amp; Vegetable Bar Menu includes:</b> (not limited to)</p>	<p>1 Burrito Seasoned Carrots</p> <p>2 <b>Pizza</b></p>				
	Market Cart Salad Bar Featuring →			Local Spring Greens	
	5 Local Polish Dog	6 Chicken Nuggets, and WG Roll	7 <b>11:30 Dismissal</b>	8	9
	Market Cart Salad Bar Featuring →				
	12	13	14	15	16
	Market Cart Salad Bar Featuring →				
	19	20	22	23	24
	26	27	28	29	30
	Market Cart Salad Bar Featuring →			Local Spring Greens	
	<p>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, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.</p>				
Fresh or Canned Apples, Fresh Carrots, Broccoli, Lettuce, Peas, Zucchini and/or Cauliflower, Beans	Fresh Citrus Fruit, Canned Peaches, Fresh Carrots, Celery and Lettuce, Corn, Tomatoes, Garbanzo	Fresh Bananas, Canned Pears, Carrots, Broccoli and Lettuce Mix, Corn, Beans, Peas or Corn	Berries or Grapes, Peas, Fresh Carrots, Celery, Lettuce, Fresh Cucumber, Hummus	Fresh Seasonal Fruit, Citrus Fruit, Corn, Fresh Carrots, Broccoli, Lettuce, Kidney Beans	
