



November 2017

Trinity Lutheran School Menu Kalispell Public Schools Food Service



APPLES!

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%, price and availability. This institution is an equal opportunity provider.

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>LUNCH MENU:</p> <p>Regular Prices Reduced: \$0.40 Student: 2.50 Adult: \$3.50</p> <p>Local Now: Apples, 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>	<p>For Menu Questions or Ideas please call Director, Jana or Asst. Director, 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</p>					
				1 Enchiladas w/ salsa, sour cream Or Cheddar Cauliflower Soup	2 Corn Dog w/ baked beans Or Creamy Broccoli Soup	3 Pizza
	Market Cart Salad Bar Featuring →			Cucumber Apple Salad		
		6 BBQ Meatballs w/ Mashed Potatoes	7 Chicken Filet on a Bun Or Chicken Noodle Soup	8 Spaghetti/Garlic Toast	9 MT Beef Cheeseburger or Hamburger on a Bun Or Creamy Broccoli Soup	10 Pizza
	Market Cart Salad Bar Featuring →			Apple & Cabbage Slaw		
		13 Burrito w/ Salsa and Sour Cream Or Cheddar Cauliflower Soup	14 Chicken Tikka Masala and Rice Or Chicken Noodle Soup	15 Local MT Beef Hamburger or Cheeseburger on a Bun Or Ravioli Soup	16 Thanksgiving Dinner Turkey Gravy, Mashed Potatoes and a Roll and Delicious Local Apple Crisp	17 Pizza
	Market Cart Salad Bar Featuring →					
		20 Sloppy Joe w/ coleslaw	21 Beef Soft Shell Taco w/ Black Beans, Cheese, salsa and sour cream	22 No School	23 No School Happy Thanksgiving!	24 No School
		27 Breakfast for Lunch Pancake or Waffle & Syrup with Local Sausage Link	28 Local Polish Dog on a Bun Or Chicken Noodle Soup	29 Chicken Tenders with Homemade Honey Mustard Sauce Or Corn Chowder	30 Chicken Wild/Rice Quinoa Casserole Or Creamy Broccoli Soup	
	Market Cart Salad Bar Featuring →			Enjoy your Thanksgiving, don't forget a side of outdoor activity!		
	<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, 3/4 cup vegetables, 1/2 cup fruit Students Must take at least ½ cup of fruit/vegetable.</p>					

