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| March 2020 | Trinity Lutheran School Menu Kalispell Public Schools Food Service |
| 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 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% and Skim Chocolate. Menu subject to change without notice, due to**  **price and availability. *This institution is an equal opportunity provider.* GRAINS** | |



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|  | Monday | Tuesday | Wednesday | Thursday | Friday | |
| **LUNCH MENU:** | For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443. | | | | |  |
| **Regular Prices** Reduced: $0.40 Student: 3.00  Adult: $3.50 | 2  Chicken Patty on WG Bun | 3  Corn Dogs | 4  Chicken Tenders w/ Homemade Honey Mustard Sauce | 5  Sloppy Joes on WG Bun w/ Cheese | 6  Pizza OR  LEST Pizza and Italian Soda day |  |
|  | Market Cart Salad Bar Featuring | | Quinoa Salad w/ tomatoes and cucumbers | | |  |
| **Local Now:** Apples, Carrots Burgers, Lentils,  Wheat Montana Bread, Squash,  And more! | 9  Spaghetti w/ Meat Sauce and Homemade Garlic Bread | 10  Hot Dog on WG Bun | 11  Local Burgers w/ Cheese on WG Bun | 12  Turkey Gravy w/ Mashed Potato and Dinner Roll | 13  Pizza |  |
| Market Cart Salad Bar Featuring | | Local Pickled Beets | | |  |
| 16  Jacks Pancakes and Syrup w/ Local Sausage | 17  Flatbread Tacos w/ Meat, Cheese, Sour Cream, Salsa | 18  Pork w/ Asian Sauce over Brown Rice | 19  Hoagie Sandwiches | 20  EARLY RELEASE 11:30am |  |
|  |  |  |  |  | NO LUNCH SERVED |
|  | Market Cart Salad Bar Featuring | |  | | |  |
|  | 23  **No**  **School** | 24 | 25 | 26 | 27 |  |
|  | **Spring** | **Break** | **!!!!!** | **!!!!!** |
|  | 30  Burritos w/ Salsa and Sour Cream | 31  BBQ Meatballs w/ Mashed Potatoes |  |  |  |  |
|  | Market Cart Salad Bar Featuring | |  | | |  |
|  | 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. | | | | |  |
| **Fresh Fruit &** | Fresh or Canned | Fresh Citrus Fruit, | Fresh Bananas, | Berries or Grapes, | Fresh Seasonal Fruit, |  |
| **Vegetable Bar** | Apples, Fresh Carrots, | Canned Peaches, Fresh | Canned Pears, Carrots, | Peas, Fresh Carrots, | Citrus Fruit, Corn, |
| **Menu includes:** | Broccoli, Lettuce, | Carrots, Celery and | Broccoli and Lettuce | Celery, Lettuce, Fresh | Fresh Carrots, |
| (not limited to) | Peas, Zucchini and/or | Lettuce, Corn, | Mix, Corn, Beans, | Cucumber, Hummus | Broccoli, Lettuce, |
|  | Cauliflower, Beans | Tomatoes, Garbanzo | Peas or Corn |  | Kidney Beans |