

# October 2025

## Harvest of the Month: Apples

Lunch includes: entrée listed below, fruit, veggie & milk.

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.*

[www.MyMealTime.com](http://www.MyMealTime.com)

Trinity Lutheran School  
Kalispell Public Schools Food Service



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:                                                                                                | Monday                                       | Tuesday                                                                 | Wednesday                        | Thursday                                                         | Friday                                                |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------|----------------------------------|------------------------------------------------------------------|-------------------------------------------------------|
| <b>Regular Prices</b><br>Reduced: \$0.40<br>Student: \$3.50<br>Adult: \$5.00                               |                                              |                                                                         | <b>1</b><br><br><b>NO SCHOOL</b> | <b>2</b><br><br><b>NO SCHOOL</b>                                 | <b>3</b><br><br><b>NO SCHOOL</b>                      |
| <b>Local Now:</b><br>Apples, Carrots,<br>Burgers, Lentils,<br>Wheat Montana<br>Bread, Squash, and<br>more! | <b>6</b><br>Meat & Cheese<br>Taco            | <b>7</b><br>Salsbury Steak<br>w/Mashed<br>Potatoes & Gravy<br>w/WG Roll | <b>8</b><br>Pizza w/WG Crust     | <b>9</b><br>Breakfast<br>Sandwich<br>w/Pancakes, Egg<br>& Cheese | <b>10</b><br>Creamy Turkey<br>Pasta                   |
|                                                                                                            | <b>13</b><br>Tomato Soup<br>w/1 Bosco Stick  | <b>14</b><br>Vegetarian<br>Nachos w/WG<br>Chips                         | <b>15</b><br>Pizza w/WG Crust    | <b>16</b><br>Mrs. Bauer's<br>Surprise!                           | <b>17</b><br><b>Pizza/Italian<br/>Soda Fundraiser</b> |
|                                                                                                            | <b>20</b><br>Sloppy Joe's<br>w/WG Bun        | <b>21</b><br>Turkey & Cheese<br>Wraps w/WG<br>Tortilla                  | <b>22</b><br>Pizza w/WG Crust    | <b>23</b><br>Mac-n-Cheese<br>w/Diced Ham                         | <b>24</b><br><b>11:30 Early<br/>Release</b>           |
|                                                                                                            | <b>27</b><br>WG Pancakes<br>w/2 Link Sausage | <b>28</b><br>Chicken A-la-King<br>over WG Biscuit                       | <b>29</b><br>Pizza w/WG Crust    | <b>30</b><br><br><b>NO SCHOOL</b>                                | <b>31</b><br><br><b>NO SCHOOL</b>                     |