

# JANUARY 2023

Trinity Lutheran School  
Kalispell Public Schools Food Service



## CARROTS

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

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.**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH MENU:</b>  <b>Regular Prices</b> Reduced: \$0.40 Student: 3.00 Adult: \$3.50  <b>Local Now:</b> Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!	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				
	2 Hoagie on WG Bun, Fruit, Veggie and Milk	3 Chicken Patty on WG Bun, Fruit, Veggie and Milk	4 BBQ Meatballs w/ Cheese and Dinner Rolls, Fruit, Veggie and Milk	5 Burrito w/ Salsa and Sour Cream, Veggie, Fruit and Milk	6 Bosco w/ Marinara Veggie, Fruit and Milk
	9 Chicken Tenders w/ Biscuit, w/ Honey, Ketchup or Ranch, Fruit, Veggie, Milk	10 Frito Pie, Fruit, Veggie and Milk	11 Hoagie on WG Bun, Fruit, Veggie, Milk	12 Cheeseburger on WG Bun, Fruit, Veggie and Milk	13 Bosco w/ Marinara Fruit, Veggie and Milk  Pizza & Italian Soda Fundraiser
	16 Bosco w/Marinara, Fruit, Veggie and Milk	17 WG Pancakes w/ Local Sausage, Fruit, Veggie and Milk	18 Hot Dog on WG Bun, Fruit, Veggie and Milk	19 Chicken Spaghetti w/ Dinner Roll, Fruit, Veggie and Milk	20 EARLY OUT 11:30am Release
	23 BBQ Pork on WG Bun, Fruit, Veggie, and Milk	24 Beefy Taco w/ Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	25 Hoagie on WG Bun, Fruit, Veggie and Milk	26 Chili w/ Cheese and Cornbread, Fruit, Veggie and Milk	27 Bosco w/ Marinara, Fruit, Veggie and Milk  Pizza & Italian Soda Fundraiser
	30 Monte Cristo w/ Jam and Syrup, Fruit, Veggie and Milk	31 Corn Dog, Fruit, Veggie and Milk			
	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, ½ cup fruit, Students Must take at least ½ cup of fruit/vegetable.				