



May 2018

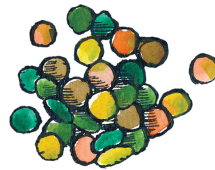
Helena Flats School Menu provided by SD#5
KalisPELL Public Schools Food Service

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 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.



Lentils/Dry Beans!

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>LUNCH MENU:</p> <p>Regular Prices Reduced: \$0.40 Student: 3.00 Adult: \$3.50</p> <p>Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!</p> <p>Soup comes with salad bar & a whole grain roll - protein options are. beans, cheese, or hummus.</p> <p>Breakfast Served 8:10-8:25 am daily in the Cafeteria. Must be ordered the day Before.</p> <p>Reduced \$ 30 Student \$1.30 Adult \$2.00 Breakfast Includes 1 dairy, 1 fruit, 1 grain, & milk</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					
		1 Corn Dog Or Chicken Noodle Soup And String Cheese	2 Burrito w/ Refried Beans Or Tomato Soup with String Cheese	3 Oatmeal Bake w/ Fruit, Yogurt and Local Sausage Link Or Creamy Broccoli Soup and Cottage Cheese	4 No School	
	Market Cart Salad Bar Featuring			Lentil Hummus		
	7 Chicken Tikka Masala w/ Rice Or Chicken and Wild Rice Soup/String cheese	8 Turkey Nachos with Ref Beans, Cheese, Sour Cream, Salsa Or Chicken Noodle Soup and String cheese	9 Spaghetti w/ Meat Sauce and Garlic Bread Or Tomato Soup with String Cheese	10 Local MT Beef Burger on WG Bun w/ Cheese Or Creamy Broccoli Soup and Cottage cheese	11 Pizza Or Cooks choice Soup with String Cheese	
	Market Cart Salad Bar Featuring			Lentil Salad		
	14 Salisbury Steak w/ Mashed Potato/Gravy Dinner Roll Or Chicken and Wild Rice Soup /String Cheese	15 Chicken Quesadilla w/ Cheese & Salsa or Chicken Noodle Soup and String Cheese	16 Pulled Pork on WG Bun, Peas Or Tomato Soup with String Cheese	17 Chicken Tenders with Honey Mustard Sauce Or Creamy Broccoli Soup and Cottage Cheese	18 Pizza Or Cooks choice Soup with String Cheese	
	Market Cart Salad Bar Featuring			3 Bean Salad		
	21 Caprese Chicken w/ Garlic Mashed Potato Or Chicken and Wild Rice Soup/String Cheese	22 Beef Nachos w/ Salsa, Cheese, Sour Cream Or Chicken Noodle Soup and String Cheese	23 Hoagie Sandwich with Ham, Turkey, Cheese Or Tomato Soup w/ String Cheese	24 Meatloaf Sandwich on WG Bun Or Creamy Broccoli Soup and Cottage cheese	25 Pizza Or Cooks choice Soup with String Cheese	
	28 No School Memorial Day	29 Turkey Gravy, Mashed Potato/Roll Or Cooks choice Soup and String Cheese	30 Pork Fried Rice Or Cooks choice w/ String Cheese	31 Chicken Taco w/ Lettuce, Cheese, Sour Cream, Salsa Or Cooks choice Soup/Cottage Cheese		
	Market Cart Salad Bar Featuring			Roasted Red Pepper Hummus		
	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.					