

# January 2025

## Harvest of the Month: Winter Squash

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

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

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.*

## 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, ¼ 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> Reduced: \$0.40 Student: \$3.25 Adult: \$4.25			<b>1</b> <i>Happy New Year!</i>	<b>2</b> NO SCHOOL	<b>3</b> NO SCHOOL
<b>Local Now:</b> Apples, Carrots, Burgers, Lentils, Wheat Montana Bread, Squash, and more!	<b>6</b> Sloppy Joe w/WG Bun, Fruit/Veggie, Milk	<b>7</b> Sesame Chicken Noodle Bowl, Fruit/Veggie, Milk	<b>8</b> Pizza w/WG Crust	<b>9</b> Chicken Taco w/WG Tortilla, Fruit/Veggie, Milk	<b>10</b> Corndog, Fruit/Veggie, Milk
	<b>13</b> Pulled Pork Sandwich w/WG Bun, Fruit/Veggie, Milk	<b>14</b> Chicken Tenders w/WG Roll, Fruit/Veggie, Milk	<b>15</b> Pizza w/WG Crust	<b>16</b> Ham & Potato Soup w/WG Roll, Fruit/Veggie, Milk	<b>17</b> Pizza / Italian Soda Fundraiser
	<b>20</b> Pancakes w/Yogurt, Fruit/Veggie, Milk	<b>21</b> Ham/Turkey Hoagie w/WG Bun, Fruit/Veggie, Milk	<b>22</b> Pizza w/WG Crust	<b>23</b> Spaghetti w/Beef Marinara, Fruit/Veggie, Milk	<b>24</b> 11:30am Early Release
	<b>27</b> Hot Dog (Turkey) w/WG Bun, Fruit/Veggie, Milk	<b>28</b> Chili w/WG Roll Fruit/Veggie, Milk	<b>29</b> Pizza w/WG Crust	<b>30</b> Bean & Cheese Burrito, Fruit/Veggie, Milk	<b>31</b> Breaded Chicken Sandwich w/WG Bun, Fruit/Veggie, Milk