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Please turn in Free/Reduced Meal Applications to the Lunchroom or School Secretaries **ASAP.** A new application **MUST** be filled out **every year**. Thank You!

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | **Tuesday** | | Wednesday | Thursday | Friday | |  | |  |
|  | |  | |  |  |  | |  | | 1 |
| 3Labor Day | 4 Bagel Cr Cheese  **BBQ Pork Sandwich**  Fresh Vegetables  Fresh Strawberries | | | 5 Muffin  **Pizza**  Fresh Salad Bar  Fresh Tangerine | 6 Granola Bar  **Nachos**  Refried Beans  Cheese/Salsa  Sliced Peaches | 7 Cereal  **Chicken Strips**  Goldfish Crackers  Salad Bar & Fresh Apple  ***Early Release***  **PBJ or Chicken SW**  Veggie Beans  Mixed Fruit  *Early Release* |  | | Bigfork lunchroom News  C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T8QNU1NL\MC900359571[1].wmf  ***All Breakfasts are served***  ***in the classroom***  **LUNCHES must** include  3/4 cup fruit and/or vegetable to be a complete meal. Students need to take at least **3** of the **5** choices.  **1** of the **3** choices **must** be  3/4 cup fruit and/or vegetable.  Choices for the Lunch Tray include  1c milk, 1-2oz protein, 1-2oz grain,  ½ c to ¾ cup vegetable, ½ cup fruit  Salad Bar is offered Every Day  **BREAKFAST PRICES**  Grades K-6 $1.25  7-12 1.50  K-12 Reduced .30  Adult $1.75 *MILK* .35 | | |
| 10 *Cereal* | | | 11 *Bagel Cr Cheese* | 12 *Muffin* | 13 Granola Bar | 14 *Cereal* | | 7 | | 8 |
| **Sloppy Joe**  French Fries  Fresh Vegetables  Applesauce | | | **Chicken Fajita**  Black Beans  Cheese, Salsa  Mixed Fruit | **Pizza**  Fresh Salad Bar  Fresh Orange | **Egg roll**  Seasoned Rice  Stir Fried Veggies  Mandarin Oranges | **Tuna Pasta Salad**  Chopped Romaine  Sliced Pears | |  | | Harvest of the month (HOM) **Kale**.  This month we have sautéed kale and kale on the salad bar |
| 17 *Cereal* | | | 18 Bagel Cr Cheese | *19 Muffin* | 20 Granola Bar | 21 Cereal | | 14 | | 15 |
| **Chicken Alfredo**  Fresh Salad  Fresh Apple | | | **Ham and Scalloped**  **Potatoes**  Green Beans  Blueberries | **Pizza**  Fresh Salad Bar  Fresh Strawberries | **Chicken Corn Dog**  Peas and Carrots  Fresh Tangerine | **Chx Cheese Bean Burrito**  Corn Peppers & Kale  Applesauce  ***Early Release*** | |  | |  |
| 24 *Cereal* | | | 25 Bagel Cr Cheese | 26 *Muffin* | 27 *Granola Bar* | 28 Cereal | | 21 | | 22 |
| **Beef Stroganoff**  Macaroni  Fresh Veggies  Fresh Orange | | | **Chicken Teriyaki**  Seasoned Rice  Stir Fried Veggies  Mandarin Oranges  Fortune Cookie | **Pizza**  Fresh Vegetables  Fresh Apple | **Beef Taco**  **Cheese and Salsa**  **Corn and Peppers**  **Sliced Pears** | **Mac and Cheese**  Mixed Veggies  Fresh Tangerine | |  | |  |
|  | | |  |  |  |  | | 28 | | 29 |
|  | | | ***CONTACT INFORMATION:***  Roger Vanlandingham  Food Service Director  837-7400  rvanlandingham@bigfork.mt.us |  | Please remember there is a **NO CHARGING** Policy in effect. Please call me if you have questions about it. Money needs to be in your child(ren)’s account to have lunch or they will receive an alternate lunch. |  | |  | |  |
|  | | |  |  |  |  | |  | | **LUNCH PRICES**  Grades K-6 $2.25  7-12 2.75  K-12 Reduced .40  Adult $3.25 *MILK* .35 |