

# chartwells

serving up happy & healthy



## Montabella **JR/SR** May 6th-10th 2024 Lunch Menu

Student Lunch Free -Purchased Milk \$.45

A full student lunch includes a choice of entrée supplying protein and grain, unlimited fruit and vegetable side dishes, and a choice of milk. Milk choices include 1% low-fat white and 1% low-fat chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily (Extra Extra)**. We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available.

Station	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
	Fiesta Bowl Choice of Chicken Fajita Taco Meat Queso Cheese Black Beans Mexican Corn Mexican Rice <u>Tortilla Scoops</u>	Phily Cheese Steak  Garlic Red Potatoes Abbi's Favorite  Green Peppers & Onions	Bosco Sticks  Pizza Sauce  Seasoned Corn	Sloopy Joe on a Bun   French Fries  Seasoned Peas	<b><u>5th Grade Visit</u></b>  Lasagna  Seasoned Corn  Cheesy Breadstick  Fruit Snacks
	Cheeseburger Chicken Sandwich Spicy Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich Ham & Cheese Croissant		Cheeseburger Chicken Sandwich BBQ Riblet Sandwich	Cheeseburger Spicy Chicken Sandwich Mustang Burger
	<b>Available Daily: Pepperoni &amp; Cheese Pizza on Whole Grain Crust , Also our Sub Station</b>				
	Pizza Crunchers W/Sauce	Pepperoni Calzone	Pepperoni Pizza	Double Pepperoni	Pepperoni Calzone
	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich <b>Turkey BLT Wrap</b>	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich <b>Tuna Croissant</b>	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich <b>Spicy Chicken Wrap</b>	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich <b>Chopped Italian Sub</b>
	Spinach Blend Lettuce Baby Carrots Grape Tomatoes Rosy Applesauce Fresh Apple	Spinach Blend Lettuce Baby Carrots Broccoli Florets Mixed Fruit Cups Fresh Tangerine	Spinach Blend Lettuce Rainbow Carrots Cauliflower Florets Mandarin Oranges Fresh Banana	Spinach Blend Lettuce Baby Carrots Creamy Coleslaw Dice Pear Cups Fresh Grapes	Spinach Blend Lettuce Baby Carrots Cottage Cheese Mixed Berries 100% Fruit Frozen Sobot

Questions or Comments? Please contact Lisa Hicks Food Service Director at [lhicks@montabella.com](mailto:lhicks@montabella.com)  
<https://payments.efundsforschools.com/v3/districts/56131/> for balance or to deposit money.

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## Montabella Elementary April 29th- May 10th 2024 Lunch Menu

Student Lunch Free -Purchased Milk \$.45

A full student lunch includes a choice of entrée supplying protein and grain, unlimited fruit and vegetable side dishes, and a choice of milk. Milk choices include 1% low-fat white and 1% low-fat chocolate.

In addition to the vegetables and fruits offered on our serving line stations, a **daily cold vegetable and fruit bar is available daily (Extra Extra)**. We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available.

Station	Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
	<p><b>Choice A</b> Scrambled Eggs, Sausage Patties, Biscuit</p> <p><b>Choice B</b> Chicken Drumstick</p> <p><b>3-4-5 Grade Options</b> Pizza Chicken Fajita W/Peppers Turkey Bacon Wrap</p>	<p><b>Choice A</b> Chicken Sandwich a Bun</p> <p><b>Choice B</b> Pancake Stick W/Muffin</p> <p><b>3-4-5 Grade Options</b> Pizza Pepperoni Bosco's Spicy Chicken Wrap</p>	<p><b>Choice A</b> Ham &amp; Cheese on a Bun</p> <p><b>Choice B</b> Fish Sticks W/Roll</p> <p><b>3-4-5 Grade Options</b> Pizza Philly Beef Pinwheel Chef Salad</p>	<p><b>Choice A</b> Deep Dish Pizza</p> <p><b>Choice B</b> PB&amp;J Uncrustable</p> <p><b>3-4-5- Grade Options</b> Pizza Chili &amp; Cheese Hot Dog Deli Sub</p>	NO SCHOOL
	<p><b>Hot Vegetable</b> Tator Tots</p> <p><b>Fruit &amp; Veggie Bar</b> Cottage Cheese Chilled Peaches Fresh Apple</p>	<p><b>Hot Vegetable</b> Seasoned Fries</p> <p><b>Fruit &amp; Veggie Bar</b> Baby Carrots Pineapple Tidbits Fresh Banana</p>	<p><b>Hot Vegetable</b> Seasoned Corn</p> <p><b>Fruit &amp; Veggie Bar</b> Sliced Peppers, Applesauce Cups Tropical Fruit</p>	<p><b>Hot Vegetable</b> Seasoned Carrots</p> <p><b>Fruit &amp; Veggie Bar</b> Potato Salad Chilled Diced Pears Fresh Watermelon</p>	<b>Hot Vegetable</b>  <b>Fruit &amp; Veggie Bar</b>
<b>Attention: Spinach &amp; Lettuce Blend Available Daily on our Fruit &amp; Veggie Bar</b>					
	<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>
	<p><b>Choice A</b> French Toast_ &amp; Sausages</p> <p><b>Choice B</b> Turkey Deli Sub</p> <p><b>3-4-5- Grade Options</b> Pizza Pizza Burger Deli Wrap</p>	<p><b>Choice A</b> BBQ Chicken Leg W/Roll</p> <p><b>Choice B</b> Hamburger on a Bun</p> <p><b>3-4-5- Grade Options</b> Pizza Biscuit &amp; Gravy Spicy Chicken Salad</p>	<p><b>Choice A</b> Beef Goulash W/Roll</p> <p><b>Choice B</b> Cheeseburger on a Bun</p> <p><b>3-4-5 Grade Options</b> Pizza, Breakfast W/Eggs &amp; Biscuit, Mozz Stix W/Sauce</p>	<p><b>Choice A</b> Walking Taco</p> <p><b>Choice B</b> Corn Dog W/Roll</p> <p><b>3-4-5 Grade Options</b> Pizza Yogurt Parfait Bacon Cheeseburger W/Pickles</p>	<p><b>Choice A</b> Bosco Stix W/Sauce</p> <p><b>Choice B</b> Pizza Lunchable</p> <p><b>3-4-5 Grade Options</b> Pizza Meatball Sub Chicken Chef Salad</p>
	<p><b>Hot Vegetable</b> Golden Hashbrown</p> <p><b>Fruit &amp; Veggie Bar</b> Sliced Cucumbers Cinnamon Apple Slices Fresh Orange</p>	<p><b>Hot Vegetable</b> Seasoned Green Beans</p> <p><b>Fruit &amp; Veggie Bar</b> Broccoli Florets Chilled Peaches Fresh Banana</p>	<p><b>Hot Vegetable</b> Seasoned Corn</p> <p><b>Fruit &amp; Veggie Bar</b> Creamy Cottage Cheese Pineapple Tidbits Fresh Apple</p>	<p><b>Hot Vegetable</b> Refried Beans</p> <p><b>Fruit &amp; Veggie Bar</b> Cauliflower Florets Mixed Fruit Cups Fresh Peach</p>	<p><b>Hot Vegetable</b> Seasoned Broccoli</p> <p><b>Fruit &amp; Veggie Bar</b> Baby Carrots Craisins Plums</p>

Questions or comments? Please contact Lisa Hicks, Food Service Director, at [lhicks@montabella.com](mailto:lhicks@montabella.com).  
Go to <https://payments.efundsfor schools.com/v3/districts/56131/> to deposit money and check balance.  
This institution is an equal opportunity provider and employer.

Montabella JR/SR High School Breakfast Menu  
2024 Breakfast Free to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>Warm Biscuit &amp; Sausage Gravy</li> <li>Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Big Cereal Bowl</li> <li>Banana Chunk Bar</li> <li>Breakfast Parfait W/Muffin</li> <li>Poptart</li> <li>Brown Sugar Oatmeal</li> </ol>	<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>Warm Cinnamon Roll w/ Icing</li> <li>Breakfast Pizza W/Sausage</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Big Cereal Bowl</li> <li>Banana chunk Bar</li> <li>Breakfast Parfait W/Muffin</li> <li>Poptart</li> <li>Brown Sugar Oatmeal</li> </ol>	<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>Ham &amp; Cheese on a Croissant</li> <li>Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Big Cereal Bowl</li> <li>Banana Chunk Bar</li> <li>Breakfast Parfait W/Muffin</li> <li>Poptart</li> <li>Brown Sugar Oatmeal</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>Sausage Egg Cheese Muffin</li> <li>Breakfast Pizza W/ Sausage</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Big Cereal Bowl</li> <li>Banana Chunk Bar</li> <li>Breakfast Parfait W /Muffin</li> <li>Poptart</li> <li>Brown Sugar Oatmeal</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>Breakfast Bowl</li> <li>Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>WG Bagel w/Lite Cream Cheese</li> <li>Big Cereal Bowl</li> <li>Banana Chunk Bar</li> <li>Breakfast Parfait W/Muffin</li> <li>Poptart</li> <li>Brown Sugar Oatmeal</li> </ol>
<p><b>Complete your Meal:</b> Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p><b>Complete your Meal:</b> Pouch of Craisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p><b>Complete your Meal:</b> Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or 1% Flavored Milk</p>	<p><b>Complete your Meal:</b> Fresh Apple 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p><b>Complete your Meal:</b> Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>
<p><b>Grab N Go:</b> Warm Cinnamon Toast Crunch Soft Bar</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Pancake on a Stick</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Fun Breakfast Cereal Kit</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Pancakes W/Sausage Patties &amp; Hashbrown</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Blueberry Muffin W/String Cheese</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>



Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for online personal wellness resources for you and your family.

**Menu is Subject to Change**

Milk selections include: 1% white, 1% chocolate. All milk is artificial hormone free.

**This institution is an equal opportunity provider and employer**

# Montabella Elementary May 2024

## Breakfast in Classroom Menu

**Breakfast is FREE to all Students**



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yogurt Cup Muffin Raisins 100% Fruit Juice Milk Choice	2 Cereal Kit Applesauce Cup Milk Choice	3  NO SCHOOL
6 Poptarts Fresh Apple 100% Fruit Juice Milk Choice	7 Benefit Chocolate Oatmeal Bar Grapes 100% Fruit Juice Milk Choice	8 Apple Benefit Bar Diced Peaches 100% Fruit Juice Milk Choice	9 Golden Graham Cereal Bar Cheese Stick Crasins 100% Fruit Juice Milk Choice	10 <b>Mixed Match</b> Blueberry Muffin Sunflower Seeds Diced Pear Cup 100% Fruit Juice Milk Choice
13 GoGurt Pack Banana Muffin Fresh Apple 100% Fruit Juice Milk Choice	14 Cinnamon Crunchmania Fruit Cup 100% Fruit Juice Milk Choice	15 Bagel W/Cream Cheese Applesauce Cup 100% Fruit Juice Milk Choice	16 Bunny Grahams Cheese Stick Mandarin Oranges 100% Fruit Juice Milk Choice	17 <b>Mixed Match</b> Poptart Fruit Cup 100% Fruit Juice Milk Choice
20 Mighty Big Cereal Bar Fresh Apple 100% Fruit Juice Milk Choice	21 Poptarts Fresh Banana 100% Fruit Juice Milk Choice	22 Banana Chunk Bar Strawberry Cup 100% Fruit Juice Milk Choice	23 UBR Round Applesauce Cup 100% Fruit Juice Milk Choice	24 <u>LAST DAY of SCHOOL</u> <b>Mixed Match Day</b> Butterscotch Bar Peach Cup 100% Fruit Juice Milk Choice

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**Also available an Extra 1/2 Cup Fruit Serving in the Cold Breakfast Tote**

Milk choices include 1% White & 1% Chocolate all milk is artificial hormone free.

Questions? Please call Lisa Hicks 989-427-5149 ex660

Or email [lhicks@montabella.com](mailto:lhicks@montabella.com)

Menu is subject to change