

# chartwells

serving up happy & healthy




## Montabella **JR/SR** May 20th-24th 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 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
	Fiesta Bowl Choice of Chicken Fajita Taco Meat Queso Cheese Black Beans Mexican Corn Mexican Rice <u>Tortilla Scoops</u>	Turkey & Gravy or Meatballs W/Gravy over Mashed Potatoes Mixed Vegetables Dinner Roll	Biscuits & Gravy Scrambled Eggs Sausage Patties Hasbrown	Chicken Tenders French Fries Cheez It Crackers	Bosco Sticks  Sauce  Fruit Snacks
	Cheeseburger Spicy Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich	Cheeseburger Spicy Chicken	Cheeseburger Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich
	<b>Available Daily: Pepperoni &amp; Cheese Pizza on Whole Grain Crust , Also our Sub Station</b>				
	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich <b>Turkey BLT Wrap</b>	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich <b>Egg Salad Croissant</b>	Fruited Yogurt Parfait  Chef Salad  Uncrustable Sandwich <b>Italian Croissant</b>	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 Creamy Coleslaw Chilled Pineapple Fresh Peaches	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Mandarin Oranges Fresh Strawberries	Spinach Blend Lettuce Baby Carrots Cottage Cheese Diced Pears Fresh Plums	Spinach Blend Lettuce Baby Carrots Baked Beans 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 May 13th - 24th 2024 Lunch Menu

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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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
	<p><b>Choice A</b> Breakfast Pizza W/Muffin</p> <p><b>Choice B</b> Bean &amp; Cheese Burrito <b>3-4-5 Grade Options</b></p> <p>Pizza Chili Cheese Fries Deli Ham Sub</p>	<p><b>Choice A</b> Bosco Sticks W/Sauce</p> <p><b>Choice B</b> Turkey &amp; Cheese on a Bun <b>3-4-5 Grade Options</b></p> <p>Pizza Boneless Chicken Wings Deli Wrap</p>	<p><b>Choice A</b> Popcorn Chicken W/Roll</p> <p><b>Choice B</b> Pizza Calzone <b>3-4-5 Grade Options</b></p> <p>Pizza Mozz Cheese Sticks Chef Salad</p>	<p><b>Choice A</b> Ham &amp; Cheese Sub W/Pretzels</p> <p><b>Choice B</b> PB&amp;J Uncrustable <b>3-4-5- Grade Options</b></p> <p>Pizza, Homemade Ham &amp; Cheese Lunchable, Lasagna Lasagna W/Roll</p>	<p><b>Choice A</b> Pizza</p> <p><b>Choice B</b> Mexican Pizza <b>3-4-5 Grade Options</b></p> <p>Pizza, Chicken Sandwich, Hamburger</p>
	<p><b>Hot Vegetable</b> French Fries</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>	<p><b>Hot Vegetable</b> Seasoned Peas</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>	<p><b>Hot Vegetable</b> Green Beans</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>	<p><b>Hot Vegetable</b> Seasoned Corn</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>	<p><b>Hot Vegetable</b> Seasoned Carrots</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>
<b>Attention: Spinach &amp; Lettuce Blend Available Daily on our Fruit &amp; Veggie Bar</b>					
	<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thursday 23</b>	<b>Friday 24</b>
	<p><b>Choice A</b> Pancake W/Sausages</p> <p><b>Choice B</b> Grilled Cheese <b>3-4-5- Grade Options</b></p> <p>Pizza Spicy Chicken Sandwich Chicken Sandwich</p>	<p><b>Choice A</b> Chicken Nuggets W/Cheez Its</p> <p><b>Choice B</b> Hot Dog on a Bun <b>3-4-5- Grade Options</b></p> <p>Pizza Hamburger Yogurt Parfait</p>	<p><b>Choice A</b> Chicken Tenders W/Roll</p> <p><b>Choice B</b> BBQ Riblet on a Bun <b>3-4-5 Grade Options</b></p> <p>Pizza, Chef Salad, Cheeseburger</p>	<p><b>ONE CHOICE ONLY</b> Ham &amp; Cheese Croissant, Chips, Carrots, Apple, Rice Krispie Treat</p>	<p><b>ONE CHOICE ONLY</b> Pizza, Carrots, Apple Slices, Cookie</p>
	<p><b>Hot Vegetable</b> Tater Tots</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>	<p><b>Hot Vegetable</b> French Fries</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>	<p><b>Hot Vegetable</b> Seasoned Corn</p> <p><b>Fruit &amp; Veggie Bar</b> Variety of Fruits &amp; Vegetables</p>	<p><b>Hot Vegetable</b></p> <p><b>Fruit &amp; Veggie Bar</b></p>	<p><b>Hot Vegetable</b></p> <p><b>Fruit &amp; Veggie Bar</b></p>

Questions or comments? Please contact Lisa Hicks, Food Service Director, at lhicks@montabella.com.  
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## 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.

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# 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 ½ 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