








## Montabella JR/SR January 2019 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% white and 1% 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 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
	Beef Nacho's or Beef Burrito Salsa Refried Beans  Mexican Rice  Garlic Twist	Teriyaki Chicken  Rice  Oriental Vegetables  Bread Stick	Turkey & Gravy  Mashed Potatoes  Seasoned Green Beans  Dinner Roll	Popcorn Chicken Bowl  Shredded Cheese  Seasoned Corn  Dinner Roll	Chalupa's  Mexican Corn  Sweet Corn Bread  Cookie
	Classic Cheeseburger Chicken Sandwich PepperJack Burger Refried Beans	Classic Cheeseburger Chicken Sandwich Bacon CheeseBurger Seasoned Steamed Broccoli	Classic Cheeseburger Chicken Sandwich Mustang Burger Seasoned Green Beans	Classic cheeseburger Chicken sandwich Spicy Chicken Sandwich Seasoned Corn	Classic Cheeseburger Chicken Sandwich Fish Sandwich Mexican Corn
Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station					
	Sausage Pizza	Pepperoni Calzone	Personal Pan Pizza	Hawaiian Pizza	Bosco Sticks
	Fruit Yogurt Parfait  Chef Salad  Un crustable Sandwich	Fruit Yogurt Parfait  Chef Salad  Un crustable Sandwich	Fruit Yogurt Parfait Special: Fruit PlatterW/Peanut Butter  Chef Salad  Un crustable Sandwich	Fruit Yogurt Parfait  Chef Salad  Un crustable Sandwich	Fruit Yogurt Parfait  Chef Salad  Un crustable Sandwich
	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Chilled Mixed Fruit Fresh Apple	Spinach Blend Lettuce Baby Carrots Pickled Beets Chilled Peaches Fresh Oranges	Spinach Blend Lettuce Baby Carrots Grape Tomatoes Rosy Applesauce Fresh Banana	Spinach Blend Lettuce Baby Carrots Celery Sticks Chilled Tropical Fruit Fresh Wild Berries	Spinach Blend Lettuce Baby Carrots Sliced Radishes Cinnamon Sliced Apples Assorted Dried Fruit

**Questions or Comments? Please contact Lisa Hicks Food Service Director at [hicks@montabella.com](mailto:hicks@montabella.com)**

Go to [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) to check meal balances or make deposits.





