



Montabella JR/SR High School Breakfast Menu 2018 Free to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Pancake/ Sausage on a Stick Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Banana Chunk Bar Breakfast Parfaits PopTart Butterscotch Oatmeal Bar 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Egg Sausage English Muffin Breakfast Pizza W/Sausage WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart Apple Bosco Stix 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Pancake Bursts Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart Butterscotch Oatmeal Bar 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> Warm Cinnamon Roll w/ Icing Breakfast Pizza W/ Sausage WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart Apple Bosco Stix 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> Warm Biscuit w/ Sausage Gravy Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart Butterscotch Oatmeal Bar
<p>Complete your Meal: Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal: Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal: Fresh Orange Wedges 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal: Fresh Apple 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal: Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>
<p>Grab N Go: Jammich PB&J</p>	<p>Grab N Go: Cinnamon Waffles OR Blueberry Pancakes</p>	<p>Grab N Go: Hot Ham & Cheese Bagel</p>	<p>Grab N Go: Hawaiian Turkey Slider</p>	<p>Grab N Go: English Muffin Sandwich w/ Egg, Sausage & Cheese</p>



Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

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