



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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Egg &amp; Cheese &amp; Potato Taco</li> <li>2. Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>3. WG Bagel w/ Lite Cream Cheese or Peanut Butter</li> <li>4. Cereal w/ Graham Crackers</li> <li>5. Banana Chunk Bar</li> <li>6. Breakfast Parfaits</li> <li>7. PopTart</li> <li>8. Butterscotch Oatmeal Bar</li> </ol>	<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Egg Sausage English Muffin</li> <li>2. Breakfast Pizza W/Sausage</li> <li>3. WG Bagel w/ Lite Cream Cheese or Peanut Butter</li> <li>4. Cereal w/ Graham Crackers</li> <li>5. Belevita Bar</li> <li>6. Breakfast Parfaits</li> <li>7. Poptart</li> <li>8. Apple Bosco Stix</li> </ol>	<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Pancake Bursts</li> <li>2. Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>3. WG Bagel w/ Lite Cream Cheese or Peanut Butter</li> <li>4. Cereal w/ Graham Crackers</li> <li>5. Benefit Banana Chunk Bar</li> <li>6. Breakfast Parfaits</li> <li>7. Poptart</li> <li>8. Butterscotch Oatmeal Bar</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Warm Cinnamon Roll w/ Icing</li> <li>2. Breakfast Pizza W/ Sausage</li> <li>3. WG Bagel w/ Lite Cream Cheese or Peanut Butter</li> <li>4. Cereal w/ Graham Crackers</li> <li>5. Belvita Bar</li> <li>6. Breakfast Parfaits</li> <li>7. Poptart</li> <li>8. Apple Bosco Stix</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Warm Biscuit w/ Sausage Gravy</li> <li>2. Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>3. WG Bagel w/ Lite Cream Cheese or Peanut Butter</li> <li>4. Cereal w/ Graham Crackers</li> <li>5. Benefit Banana Chunk Bar</li> <li>6. Breakfast Parfaits</li> <li>7. Poptart</li> <li>8. Butterscotch Oatmeal Bar</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> Jammich PB&amp;J</p>	<p><b>Grab N Go:</b> Cinnamon French Toast W/ Sausage Patty</p>	<p><b>Grab N Go:</b> Hot Ham &amp; Cheese Bagel</p>	<p><b>Grab N Go:</b> Breakfast Burrito</p>	<p><b>Grab N Go:</b> English Muffin Sandwich w/ Egg, Sausage &amp; Cheese</p>



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

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