








Montabella JR/SR October/November 2018 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 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
	Beef Nacho's or Beef Burrito Salsa Refried Beans Mexican Rice Garlic Twist	Spaghetti & Meatballs W/ Sauce Steamed Broccoli Garlic Twist Roll Sweet Corn Muffin	Tuna Noodle Casserole Seasoned Peas Dinner Roll Cheez It Crackers	Popcorn Chicken Bowl Shredded Cheese Seasoned Corn Dinner Roll	Hot Dogs W/ Choice of Chili Cheese/ Onions Potato Wedges
	Classic Cheeseburger Chicken Sandwich Mushroom Swiss Burger Refried Beans	Classic Cheeseburger Chicken Sandwich Bacon CheeseBurger Seasoned Green Beans	Classic Cheeseburger Chicken Sandwich Grilled Chicken Sandwich Creamy ColeSlaw	Classic Cheeseburger Chicken Sandwich Spicy Chicken Sandwich Seasoned Corn	Classic Cheeseburger Chicken Sandwich Chalupa Fold Baked Beans
Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station					
	Sausage Pizza	Garlic Cheese Bread	French Bread Pizza	Taco Pizza	Bosco Sticks W/Sauce
	Fruit Yogurt Parfait Chef Salad Uncrustable Sandwhich	Fruit Yogurt Parfait Chef Salad Uncrustable Sandwich	Fruit Yogurt Parfait Special: Taco Bowl Chef Salad Uncrustable Sandwich	Fruit Yogurt Parfait Chef Salad Uncrustable Sandwich	Fruit Yogurt Parfait Chef Salad Uncrustable Sandwich
	Romaine Blend Lettuce Baby Carrots Sliced Cucumbers Chilled Diced Pears Fresh Apple	Romaine Blend Lettuce Baby Carrots Amish Coleslaw Chilled Peaches Fresh Watermelon	Romiane Blend Lettuce Baby Carrots Grape Tomatoes Rosy Applesauce Fresh Banana	Romaine Blend Lettuce Baby Carrots Baked Beans Cinnamon Sliced Apples Fresh Strawberries	Romaine Lettuce Baby Carrots Celery Sticks Chilled Tropical Fruit Assorted Dried Fruit

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

Go to www.sendmoneytoschool.com to check meal balances or make deposits.

