








Montabella JR/SR October 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 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
	Beef Nacho's or Beef Burrito Salsa Refried Beans Mexican Rice Garlic Twist	Breaded Chicken Seasoned Green Bean Garlic Roasted Potato Italian Roll	Lasagna Seasoned Broccoli Cottage Cheese Cups Garlic Butter Roll	Popcorn Chicken Bowl Shredded Cheese Seasoned Corn Dinner Roll	No School
	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	
Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station					
	Sausage Pizza	Garlic Cheese Bread	French Bread Pizza	Taco Pizza	
	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	
	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	

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.

