

chartwells

serving up happy & healthy



Montabella **JR/SR** April 22-26th 2024 Lunch 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% low-fat white and 1% low-fat 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 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
	Fiesta Bowl Choice of Chicken Fajita Taco Meat Queso Cheese Black Beans Mexican Corn Mexican Rice <u>Tortilla Scoops</u>	Corn Dog Seasoned Steak Fries Corn Muffin	Soup & Sandwich Mixed Vegetable Saltine Crackers	Chicken Tenders French Fries Cheez It Crackers Fruit Snacks	<u>Make Up BBQ EVENT</u> Hot Dogs & Hamburgers Baked Beans Potato Salad Chips, Apples Watermelon Chunks 100% Fruit Sorbets
	Cheeseburger Chicken Sandwich Spicy Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich Ham & Cheese Croissant	Cheeseburger Spicy Chicken Sandwich Breakfast Egg Sandwich	Cheeseburger Chicken Sandwich BBQ Riblet Sandwich	Cheeseburger Spicy Chicken Sandwich Mustang Burger
	Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station				
	Pizza Crunchers W/Sauce	Pepperoni Calzone	Ham & Mushroom	Double Pepperoni	Cristina's Special Pizza
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Turkey BLT Wrap	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Tuna Croissant	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Turkey & Swiss Wrap	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Spicy Chicken Wrap	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Chopped Italian Sub
	Spinach Blend Lettuce Baby Carrots Grape Tomatoes Rosy Applesauce Fresh Apple	Spinach Blend Lettuce Baby Carrots Radishes Pineapple Chunks Fresh Tangerine	Spinach Blend Lettuce Baby Carrots Sliced Mixed Peppers Mandarin Oranges Fresh Banana	Spinach Blend Lettuce Baby Carrots Three Bean Salad Papaya/Mango Cups Fresh Grapes	Spinach Blend Lettuce Baby Carrots Cottage Cheese Cinnamon Slices Apples 100% Fruit Frozen Sobet

**Questions or Comments? Please contact Lisa Hicks Food Service Director at lhicks@montabella.com
<https://payments.efundsforschools.com/v3/districts/56131/> for balance or to deposit money.**

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Montabella Elementary April 15-th-26th 2024 Lunch 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% low-fat white and 1% low-fat 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
	Choice A Biscuits & Gravy, Sausage Patties Choice B Mexican Feista Pizza 3-4-5 Grade Options Pizza Spicy Chicken Sandwich Cheesy Stix W/Sauce	Choice A Hot Dog on a Bun Choice B Hamburger on a Bun 3-4-5 Grade Options Pizza Deli Ham & Cheese Wrap BBQ Riblet on a Bun	NO SCHOOL	Choice A Beef Taco's Choice B Fruited Yogurt Parfait 3-4-5- Grade Options Pizza Boneless Chicken Wings Special Ham Fun Lunch	Choice A French Bread Pizza Choice B Pancake on a Stick W/Muffin 3-4-5- Grade Options Pizza Meatball Sub Warm Breakfast Wrap
	Hot Vegetable Hash Brown Fruit & Veggie Bar Cottage Cheese Chilled Mixed Fruit Fresh Apple	Hot Vegetable Seasoned Fries Fruit & Veggie Bar Broccoli Florets Applesauce Cups Fresh Banana	Hot Vegetable Fruit & Veggie Bar	Hot Vegetable Seasoned Green Beans Fruit & Veggie Bar Potato Salad Chilled Peaches Fresh Strawberries	Hot Vegetable Hash Brown Fruit & Veggie Bar Baked Beans Pineapple Tidbits Fresh Apple
	Attention: Spinach & Lettuce Blend Available Daily on our Fruit & Veggie Bar				
	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
	Choice A Pancakes & Sausages Choice B Tuna Sandwich 3-4-5- Grade Options Pizza BBQ Chicken Sub Warm Pizza Wrap	Choice A Sloppy Joe Choice B Mini Corn Dog W/Muffin 3-4-5- Grade Options Pizza, Chicken Parmesean, Wrap, Pulled Pork Sandwich	Choice A Beef Goulash W/Roll Choice B Cheeseburger on a Bun 3-4-5 Grade Options Pizza, Breakfast W/Eggs & Biscuit, Mozz Stix W/Sauce	Choice A Chicken Tenders W/Cheez Its Choice B Uncrustable Sandwich 3-4-5 Grade Options Pizza Chopped Italian Sub Bacon Cheeseburger W/Pickles	Choice A Cheese Pizza Choice B Fish Sticks W/Roll 3-4-5 Grade Options Pizza Sweet & Sour ChickenW/Fried Rice Bacon Mac & Cheese W/Roll
	Hot Vegetable Seasoned Corn Fruit & Veggie Bar Grape Tomatoes Apple Slices 100% Fruit Sorbets	Hot Vegetable French Fries Fruit & Veggie Bar Babay Carrots Cpeach Cups Fresh Apple	Hot Vegetable Seasoned Peas Fruit & Veggie Bar Sliced Cucumbers Strawberry Cups Fresh Pears	Hot Vegetable Seasoned Corn Fruit & Veggie Bar V-8 Juice Applesauce Cups Fresh Banana	Hot Vegetable Glazed Carrots Fruit & Veggie Bar Broccoli & Cauliflower Craisins Fresh Tangerines

Questions or comments? Please contact Lisa Hicks, Food Service Director, at lhicks@montabella.com.
 Go to <https://payments.efundsforschools.com/v3/districts/56131/> to deposit money and check balance.
 This institution is an equal opportunity provider and employer.

Montabella JR/SR High School Breakfast Menu
2024 Breakfast Free to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose one Entrée:</p> <ol style="list-style-type: none"> 1. Warm Biscuit & Sausage Gravy 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese 4. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> 1. Warm Cinnamon Roll w/ Icing 2. Breakfast Pizza W/Sausage 3. WG Bagel w/ Lite Cream Cheese 4. Big Cereal Bowl 5. Banana chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> 1. Ham & Cheese on a Croissant 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese 4. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> 1. Sausage Egg Cheese Muffin 2. Breakfast Pizza W/ Sausage 3. WG Bagel w/ Lite Cream Cheese 4. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W /Muffin 7. Poptart 8. Brown Sugar Oatmeal 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> 1. Breakfast Bowl 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/Lite Cream Cheese 4. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal
<p>Complete your Meal: Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p>Complete your Meal: Pouch of Craisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p>Complete your Meal: Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or 1% Flavored Milk</p>	<p>Complete your Meal: Fresh Apple 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p>Complete your Meal: Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>
<p>Grab N Go: Warm Cinnamon Toast Crunch Soft Bar</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Pancake on a Stick</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Fun Breakfast Cereal Kit</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Pancakes W/Sausage Patties & Hashbrown</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Blueberry Muffin W/String Cheese</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>



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

Menu is Subject to Change

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

This institution is an equal opportunity provider and employer

Montabella Elementary April 2024

Breakfast in Classroom Menu



Breakfast is FREE to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
1 Poptart Applesauce Cup 100% Fruit Juice Milk Choice	2 Chocolate Muffin String Cheese Mixed Fruit Cup 100% Fruit Juice	2 HOT BREAKFAST WEDNESDAY Warm Soft Filled Cinnamon Toast Crunch Bar Raisins 100% Fruit Juice Milk Choice	4 UBR Breakfast Bar Fresh Apple 100% Fruit Juice Milk Choice	5 Mixed Match Double Chocolate Bar Tropical Fruit Cup 100% Fruit Juice Milk Choice
8 Cereal Bowl Fresh Apple 100% Fruit Juice Milk Choice	9 Banana Chunk Bar Grapes 100% Fruit Juice Milk Choice	10 HOT BREAKFAST WEDNESDAY Blueberry Waffle Diced Peaches 100% Fruit Juice Milk Choice	11 Golden Graham Cereal Bar Cheese Stick Crasins 100% Fruit Juice Milk Choice	12 Mixed Match Apple Frudel Fruit Cup 100% Fruit Juice
15 GoGurt Pack Banana Muffin Fresh Apple 100% Fruit Juice Milk Choice	16 Cereal Fun Kit Fruit Cup 100% Fruit Juice Milk Choice	17 HOT BREAKFAST WEDNESDAY Chocolate Crescent Roll Applesauce Cup 100% Fruit Juice Milk Choice	18 Bunny Grahams Cheese Stick Mandarin Oranges 100% Fruit Juice Milk Choice	19 Mixed Match Poptart Fruit Cup 100% Fruit Juice Milk Choice
22 Mighty Big Cereal Bar Fresh Apple 100% Fruit Juice Milk Choice	23 Cinni Mini's Fresh Banana 100% Fruit Juice Milk Choice	24 HOT BREAKFAST WEDNESDAY Turkey & Cheese Croissant Strawberry Cup 100% Fruit Juice Milk Choice	25 Cherry Frudel Applesauce Cup 100% Fruit Juice Milk Choice	26 Mixed Match Day Butterscotch Bar Peach Cup 100% Fruit Juice Milk Choice
29 Oatmeal Chocolate Bar Fruit Cup 100% Fruit Juice Milk Choice	30 Cereal Bowl Strawberry Cup 100% Fruit Juice Milk Choice			

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Also available an Extra ½ Cup Fruit Serving in the Cold Breakfast Tote

Milk choices include 1% White & 1% Chocolate all milk is artificial hormone free.

Questions? Please call Lisa Hicks 989-427-5149 ex660

Or email lhicks@montabella.com

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