

# chartwells

serving up happy & healthy








## Montabella **JR/SR** April 29th- May 3rd 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 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
	Fiesta Bowl Choice of Chicken Fajita Taco Meat Queso Cheese Black Beans Mexican Corn Mexican Rice <u>Tortilla Scoops</u>	Biscuit & Gravy Scrambled Eggs Sausage Patties Hash Brown Juice Box	Bosco Sticks Pizza Sauce Seasoned Corn Rice Krispies	Chicken Drumstick Mashed Potatoes/Gravy Seasoned Green Beans Dinner Roll	<b><u>NO SCHOOL</u></b>
	Cheeseburger Chicken Sandwich Spicy Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich Ham & Cheese Croissant		Cheeseburger Chicken Sandwich BBQ Riblet Sandwich	Cheeseburger Spicy Chicken Sandwich Mustang Burger
	<b>Available Daily: Pepperoni &amp; Cheese Pizza on Whole Grain Crust , Also our Sub Station</b>				
	Pizza Crunchers W/Sauce	Pepperoni Calzone	Pepperoni Pizza	Double Pepperoni	Cristina's Special Pizza
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Turkey BLT Wrap</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Tuna Croissant</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Spicy Chicken Wrap</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Chopped Italian Sub</b>
	Spinach Blend Lettuce Baby Carrots Grape Tomatoes Rosy Applesauce Fresh Apple	Spinach Blend Lettuce Baby Carrots Broccoli Florets Mixed Fruit Cups Fresh Tangerine	Spinach Blend Lettuce Rainbow Carrots Cauliflower Florets Mandarin Oranges Fresh Banana	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Dice Pear Cups Fresh Grapes	Spinach Blend Lettuce Baby Carrots Cottage Cheese 100% Fruit Frozen Sobet

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

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## Montabella Elementary April 29th- May 10th 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 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
	<p><b>Choice A</b> Scrambled Eggs, Sausage Patties, Biscuit</p> <p><b>Choice B</b> Chicken Drumstick</p> <p><b>3-4-5 Grade Options</b> Pizza Chicken Fajita W/Peppers Turkey Bacon Wrap</p>	<p><b>Choice A</b> Chicken Sandwich a Bun</p> <p><b>Choice B</b> Pancake Stick W/Muffin</p> <p><b>3-4-5 Grade Options</b> Pizza Pepperoni Bosco's Spicy Chicken Wrap</p>	<p><b>Choice A</b> Ham &amp; Cheese on a Bun</p> <p><b>Choice B</b> Fish Sticks W/Roll</p> <p><b>3-4-5 Grade Options</b> Pizza Philly Beef Pinwheel Chef Salad</p>	<p><b>Choice A</b> Deep Dish Pizza</p> <p><b>Choice B</b> PB&amp;J Uncrustable</p> <p><b>3-4-5- Grade Options</b> Pizza Chili &amp; Cheese Hot Dog Deli Sub</p>	NO SCHOOL
	<p><b>Hot Vegetable</b> Tator Tots</p> <p><b>Fruit &amp; Veggie Bar</b> Cottage Cheese Chilled Peaches Fresh Apple</p>	<p><b>Hot Vegetable</b> Seasoned Fries</p> <p><b>Fruit &amp; Veggie Bar</b> Baby Carrots Pineapple Tidbits Fresh Banana</p>	<p><b>Hot Vegetable</b> Seasoned Corn</p> <p><b>Fruit &amp; Veggie Bar</b> Sliced Peppers, Applesauce Cups Tropical Fruit</p>	<p><b>Hot Vegetable</b> Seasoned Carrots</p> <p><b>Fruit &amp; Veggie Bar</b> Potato Salad Chilled Diced Pears Fresh Watermelon</p>	<b>Hot Vegetable</b>  <b>Fruit &amp; Veggie Bar</b>
<b>Attention: Spinach &amp; Lettuce Blend Available Daily on our Fruit &amp; Veggie Bar</b>					
	<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>
	<p><b>Choice A</b> French Toast_ &amp; Sausages</p> <p><b>Choice B</b> Turkey Deli Sub</p> <p><b>3-4-5- Grade Options</b> Pizza Pizza Burger Deli Wrap</p>	<p><b>Choice A</b> BBQ Chicken Leg W/Roll</p> <p><b>Choice B</b> Hamburger on a Bun</p> <p><b>3-4-5- Grade Options</b> Pizza Biscuit &amp; Gravy Spicy Chicken Salad</p>	<p><b>Choice A</b> Beef Goulash W/Roll</p> <p><b>Choice B</b> Cheeseburger on a Bun</p> <p><b>3-4-5 Grade Options</b> Pizza, Breakfast W/Eggs &amp; Biscuit, Mozz Stix W/Sauce</p>	<p><b>Choice A</b> Walking Taco</p> <p><b>Choice B</b> Corn Dog W/Roll</p> <p><b>3-4-5 Grade Options</b> Pizza Yogurt Parfait Bacon Cheeseburger W/Pickles</p>	<p><b>Choice A</b> Bosco Stix W/Sauce</p> <p><b>Choice B</b> Pizza Lunchable</p> <p><b>3-4-5 Grade Options</b> Pizza Meatball Sub Chicken Chef Salad</p>
	<p><b>Hot Vegetable</b> Golden Hashbrown</p> <p><b>Fruit &amp; Veggie Bar</b> Sliced Cucumbers Cinnamon Apple Slices Fresh Orange</p>	<p><b>Hot Vegetable</b> Seasoned Green Beans</p> <p><b>Fruit &amp; Veggie Bar</b> Broccoli Florets Chilled Peaches Fresh Banana</p>	<p><b>Hot Vegetable</b> Seasoned Corn</p> <p><b>Fruit &amp; Veggie Bar</b> Creamy Cottage Cheese Pineapple Tidbits Fresh Apple</p>	<p><b>Hot Vegetable</b> Refried Beans</p> <p><b>Fruit &amp; Veggie Bar</b> Cauliflower Florets Mixed Fruit Cups Fresh Peach</p>	<p><b>Hot Vegetable</b> Seasoned Broccoli</p> <p><b>Fruit &amp; Veggie Bar</b> Baby Carrots Craisins Plums Fresh</p>

Questions or comments? Please contact Lisa Hicks, Food Service Director, at lhicks@montabella.com.  
Go to <https://payments.efundsfor schools.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><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Warm Biscuit &amp; Sausage Gravy</li> <li>2. Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>3. WG Bagel w/ Lite Cream Cheese</li> <li>4. Big Cereal Bowl</li> <li>5. Banana Chunk Bar</li> <li>6. Breakfast Parfait W/Muffin</li> <li>7. Poptart</li> <li>8. Brown Sugar Oatmeal</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</li> <li>4. Big Cereal Bowl</li> <li>5. Banana chunk Bar</li> <li>6. Breakfast Parfait W/Muffin</li> <li>7. Poptart</li> <li>8. Brown Sugar Oatmeal</li> </ol>	<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Ham &amp; Cheese on a Croissant</li> <li>2. Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>3. WG Bagel w/ Lite Cream Cheese</li> <li>4. Big Cereal Bowl</li> <li>5. Banana Chunk Bar</li> <li>6. Breakfast Parfait W/Muffin</li> <li>7. Poptart</li> <li>8. Brown Sugar Oatmeal</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Sausage Egg Cheese Muffin</li> <li>2. Breakfast Pizza W/ Sausage</li> <li>3. WG Bagel w/ Lite Cream Cheese</li> <li>4. Big Cereal Bowl</li> <li>5. Banana Chunk Bar</li> <li>6. Breakfast Parfait W /Muffin</li> <li>7. Poptart</li> <li>8. Brown Sugar Oatmeal</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>1. Breakfast Bowl</li> <li>2. Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>3. WG Bagel w/Lite Cream Cheese</li> <li>4. Big Cereal Bowl</li> <li>5. Banana Chunk Bar</li> <li>6. Breakfast Parfait W/Muffin</li> <li>7. Poptart</li> <li>8. Brown Sugar Oatmeal</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> Warm Cinnamon Toast Crunch Soft Bar</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Pancake on a Stick</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Fun Breakfast Cereal Kit</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Pancakes W/Sausage Patties &amp; Hashbrown</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p><b>Grab N Go:</b> Blueberry Muffin W/String Cheese</p> <p><b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>



Go to [www.choosemyplate.gov](http://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 <b>HOT BREAKFAST WEDNESDAY</b> 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 <b>Mixed Match</b> 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 <b>HOT BREAKFAST WEDNESDAY</b> Blueberry Waffle Diced Peaches 100% Fruit Juice Milk Choice	11 Golden Graham Cereal Bar Cheese Stick Crasins 100% Fruit Juice Milk Choice	12 <b>Mixed Match</b> 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 <b>HOT BREAKFAST WEDNESDAY</b> Chocolate Crescent Roll Applesauce Cup 100% Fruit Juice Milk Choice	18 Bunny Grahams Cheese Stick Mandarin Oranges 100% Fruit Juice Milk Choice	19 <b>Mixed Match</b> 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 <b>HOT BREAKFAST WEDNESDAY</b> Turkey & Cheese Croissant Strawberry Cup 100% Fruit Juice Milk Choice	25 Cherry Frudel Applesauce Cup 100% Fruit Juice Milk Choice	26 <b>Mixed Match Day</b> 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](mailto:lhicks@montabella.com)

Menu is subject to change