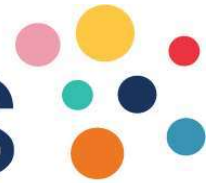


# chartwells

serving up happy & healthy



## Montabella **JR/SR** January 6th-10th 2025 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 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
	Fiesta Bowl Chicken or Beef Rice/Mexican Corn Black Beans Tortilla Chips	Pizza Casserole Seasoned Broccoli Garlic Bread	AuGratin Potatoes Diced Ham Seasoned Corn Corn Bread Muffin	Philly Cheese Steak on a Bun French Fries Green Pepper Strips Onions	Chicken Tenders Mashed Potatoes Gravy Dinner Roll
	Cheeseburger Chicken Sandwich Spicy Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich Cheeseburger on Pretzel Bun	Cheeseburger Chicken Sandwich Meatball Sub	Cheeseburger Spicy Chicken Bacon Cheeseburger	Cheeseburger Chicken Sandwich PepperJack Burger
	<b>Available Daily: Pepperoni &amp; Cheese Pizza on Whole Grain Crust , Also our Sub Station</b>				
	Pizza Crunchers W/Sauce	Pepperoni Calzone	Pepperoni & Bacon	Taco Pizza	Chicken Bacon Ranch
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Chicken Wrap</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Egg Salad on Croissant</b>	Fruited Yogurt Parfait Chef Salad or Taco Salad Uncrustable Sandwich <b>Taco Wrap</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Turkey Pin Wheel</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Chopped Italian Sub</b>
	Spinach Blend Lettuce Baby Carrots Grape Tomatoes Sliced Peaches Fresh Banana	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Cinnamon Apple Slices Fresh Grapes	Spinach Blend Lettuce Baby Carrots Baked Beans Mandarin Oranges Fresh Apple	Spinach Blend Lettuce Baby Carrots Creamy ColeSlaw Fruit Cocktail Fresh Orange	Spinach Blend Lettuce Baby Carrots Cottage Cheese Mixed Berries 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.

**Montabella JR/SR High School Breakfast Menu**  
2025 Breakfast Free to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>Warm Biscuit &amp; Sausage Gravy</li> <li>Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Cereal Bowl</li> <li>Benefit Banana Bar</li> <li>Yogurt Cup W/Granola Bar</li> <li>Poptart</li> <li>Boiled Egg W/Muffin</li> </ol>	<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>Warm Cinnamon Roll w/ Icing</li> <li>Breakfast Pizza W/Sausage</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Cereal Bowl</li> <li>Benefit Banana Bar</li> <li>Yogurt Cup W/Granola Bar</li> <li>Poptart</li> <li>Boiled Egg W/Muffin</li> </ol>	<p><b>Choose one Entrée:</b></p> <ol style="list-style-type: none"> <li>WG Strawberry Cream Bagels</li> <li>Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Cereal Bowl</li> <li>Benefit Banana Bar</li> <li>Yogurt Cup W/Granola Bar</li> <li>Poptart</li> <li>Boiled Egg W/Muffin</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>Sausage Egg &amp; Cheese Muffin</li> <li>Breakfast Pizza W/ Sausage</li> <li>WG Bagel w/ Lite Cream Cheese</li> <li>Cereal Bowl</li> <li>Banana Chunk Bar</li> <li>Yogurt Cup W/Granola Bar</li> <li>Poptart</li> <li>Boiled Egg W/Nuffin</li> </ol>	<p><b>Choose One Entrée:</b></p> <ol style="list-style-type: none"> <li>Breakfast Bowl</li> <li>Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>WG Bagel w/Lite Cream Cheese</li> <li>Cereal Bowl</li> <li>Benefit Banana Bar</li> <li>Yogurt Cup W/Granola Cup</li> <li>Poptart</li> <li>Boiled Egg W/Muffin</li> </ol>
<p><b>Complete your Meal:</b> Applesauce Cups 100% Fruit Juice</p> <p>1% White or Flavored 1% Milk</p>	<p><b>Complete your Meal:</b> Pouch of Craisins 100% Fruit Juice</p> <p>1% White or Flavored 1% Milk</p>	<p><b>Complete your Meal:</b> Fresh Banana 100% Fruit Juice</p> <p>1% White or 1% Flavored Milk</p>	<p><b>Complete your Meal:</b> Fresh Apple 100% Fruit Juice</p> <p>1% White or Flavored 1% Milk</p>	<p><b>Complete your Meal:</b> Boxed Raisins 100% Fruit Juice</p> <p>1% White or Flavored 1% Milk</p>
<p><b>Grab N Go:</b> Cinni Mini Bagel</p>	<p><b>Grab N Go:</b> Pancake on a Stick</p>	<p><b>Grab N Go:</b> Breakfast Pocket</p>	<p><b>Grab N Go:</b> French Toast Sticks</p>	<p><b>Grab N Go:</b> Breakfast Burrito W/Salsa</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. All milk is artificial hormone free.

This institution is an equal opportunity provider and employer

# What's on the Menu?

January 2024

Montabella BIC  
Elementary

Breakfast Free to All  
Students, at the start  
of every day.

Fresh Fruit & 100%  
Fruit Juice Offered  
Daily

Questions? Please  
call Lisa Hicks at 989-  
427-5149 ex 660

Or Email  
[lhicks@montabella.com](mailto:lhicks@montabella.com)



Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL
6 Poptart Fruit Cup	7 Chocolate Muffin Cheese Stick Mixed Fruit Cup	8 Grape Crescent Mandarin Oranges	9 Oatmeal Banana Chocolate Chip Bar Fresh Banana	10 Big Cereal Bowl Fresh Apple
13 Mixed Match Yogurt Cup Vanilla Graham Cracker Applesauce Cup	14 Banana Chunk Bar Grapes	15 NO SCHOOL	16 Apple Cinnamon Oatmeal Bar	17 Big Cereal Bowl Clementine
20 Mixed Match Apple Frudel Craisins	21 Soft Filled Cinnamon Toast Crunch Bar Fruit Cup	22 French Toast Bar Fresh Apple	23 Banana Muffin Cheese Stick Fresh Banana	24 Big Cereal Bowl Peach Cup
27 Mixed Match Cinnamon Toast Crunch Cereal Bar Raisins	28 Poptart Fresh Apple	29 Gogurt Crunhamaina Grahams Applesauce Cup	30 Turkey Stick Cheez It Crackers Fruit Cup	31 Big Cereal Bowl Grapes

All meals served with 1% milk, 1% chocolate milk and 100% fruit juice

This institution is an equal opportunity provider. Menu is subject to change

# What's on the Menu?

## January 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL
6 A. Pancakes B. BBQ Riblet on a Bun Hashbrown	7 A. Beef Nachos B. Chef Salad Green Beans	8 A. Chicken Ala King W/Biscuit B. Ham & Cheese Sandwich Seasoned Corn	9 A. Popcorn Chicken W/Roll B. Grilled Cheese Sandwich Glazed Carrots	10 A. French Bread Pizza B. Fish Sticks W/Roll Seasoned Peas
13 A. Scrambled W/Sausage & Biscuit B. Hamburger Smile Fries	14 A. Walking Taco B. Chicken Sandwich Seasoned Corn	15 NO SCHOOL	16 A. Sloppy Joe on a Bun B. Crispito's Cheesy Potatoes	17 A. Pizza B. PBJ Uncrustable Seasoned Peas
20 A. French Toast W/Sausages B. Chicken Tenders W/Roll Tater Tots	21 A. Mexican Pizza B. Turkey Sub Green Beans	22 A. Spaghetti W/Garlic Bread B. Pizza Crunchers Seasoned Corn	23 A. Hot Dog on a Bun B. Hamburger on a Bun Smile Fries	24 A. Bosco Sticks B. Bacon Cheese-burger Broccoli
27 A. Pancake on a Stick B. Chicken Nuggets W/Roll Hash Brown	28 A. Burrito B. Pulled Pork on a Bun Cheesy Refried Beans	29 A. Lasagna Roll Ups W/Garlic Bread B. Pizza Calzone Green Beans	30 A. Cheeseburger B. Fruited Yogurt Parfait French Fries	3 3-4-5 <sup>th</sup> Grade Options Daily: Pizza/Burgers/Chicken/ Deli Subs/Wraps/Salads

**extra.  
extra**

### Weekly Rotating Choices:

- Fresh Lettuce
- Grape Tomatoes
- Cauliflower
- Snap Peas
- Baby Carrots
- Sliced Cucumbers
- Cauliflower
- Broccoli
- Green Peas
- Black Beans
- Pepper Strips
- Whole Apples
- Fresh Oranges
- Plums
- Peaches
- Grapes
- Mandarin Oranges
- Bananas
- Pineapple
- Mixed Fruit
- Applesauce

3-4-5<sup>th</sup> Grade Options  
Daily:  
Pizza/Burgers/Chicken/  
Deli Subs/Wraps/Salads

All meals served with 1% white milk, 1% chocolate milk

This institution is an equal opportunity provider. Menu is subject to change