

# chartwells

serving up happy & healthy



## Montabella **JR/SR** October 21st-24th 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 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
	Hardshell Taco's Refried Beans Mexican Corn Shredded Cheddar	Pancakes Sausage Patties Hashbrown Juice Box Syrup Packets	BBQ Riblet W/Mac & Cheese  Seasoned Broccoli  Dinner Roll Butter Packet	Orange Chicken Fried Rice Egg Roll Asian Vegetables Fortune Cookie	Cheeseburger French Fries Mixed Vegetables Rice Krispie Treat
	Cheeseburger Chicken Sandwich Spicy Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich Mushroom Swiss Burger	Cheeseburger Spicy Chicken Ham & Cheese Croissant	Cheeseburger Chicken Sandwich BBQ Pulled Pork on a Bun	Hamburger on a Bun Spicy Chicken Sandwich Pizza 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	Meatlovers Pizza	BLT Pizza
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Chicken Wrap</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Egg Salad Croissant</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Turkey BLT Wrap</b>	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 Watermelon Radishes Chilled Pineapple Fresh Strawberries	Spinach Blend Lettuce Baby Carrots Creamy Cole Slaw Mandarin Oranges Fresh Banana	Spinach Blend Lettuce Baby Carrots Snap Peas Cinnamon Apples Fresh Plum	Spinach Blend Lettuce Baby Carrots Baked Beans Diced Peaches 100% Fruit Frozen Sobot

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 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**

# What's on the Menu?

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 A) Breakfast Pizza B) Mozz Cheese Sticks Smile Potatoes	2 A) Mac & Cheese W/Roll B) Ham & Cheese Sub Seasoned Carrots	3 A) Popcorn Chicken W/Roll B) Cheeseburger Baked Beans	4 A) Cheese Pizza B) Lunchable Broccoli
7 A) Pancakes B) Crisпитos Hashbrown	8 A) Nacho B) Turkey Sandwich Cheesy Refried Beans	9 A) Spaghetti W/Roll B) Corn Dog Corn on the Cob	10 A) Chicken Tenders W/Roll B) Cheeseburger Baked Beans	11 No School
14 No School	15 A) Hot Dog B) Grilled Cheese French Fries	18 A) Ravioli W/Roll B) Pizza Fun Lunch Green Beans	19 A) Chicken Drumstick W/Roll B) Riblet Sandwich Mashed Potatoes	20 A) Pizza B) PB&J Sandwich Seasoned Corn
21 A) Pancake on a Stick B) Fruited Parfait Tater Tots	22 A) Taco B) Deli Sub Potato Smiles	23 A) BBQ Chicken Leg B) Hamburger Sweet Potato	24 A) Chicken Nuggets W/Roll B) Fish Sandwich Cheesy Broccoli	25 A) Bosco Sticks B) Ham & Cheese on a Bun Mixed Vegetables
28 A) Biscuits & Gravy B) Hamburger Tater Tots	29 A) Burrito B) Chicken Sandwich Seasoned Corn	30 A) Chicken & Noodles W/Gravy B) Popcorn Chicken Mixed Veggies	31 A) Mini Corn Dogs B) Tuna Sandwich W/Pretzels Glazed Carrots	

All meals served with milk, chocolate milk

**extra.  
extra**

Weekly Rotating Choices:

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

**3-4-5<sup>th</sup> Grade Options**

**Daily:**

**Pizza/Burgers/Chicken/  
Deli Subs/Wraps/Salads**

# What's on the Menu?

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Choco Crescent Roll Apple slices	2 Gogurt W/ Scooby Grahams Grapes	3 Banana Muffin Cheese Cubes Mandarin Cup	20 Cereal Kit Fresh Apples
7 Mixed Match Monday Oatmeal Bar Diced Pear Cup	8 Bagel /Cream Cheese Cherry Crasins	9 Pop-Tart Fresh Banana	10 Cereal Bar Cheese Cubes Fresh Clementine	11 <b>NO SCHOOL</b>
14 <b>NO SCHOOL</b>	15 Banana Chunk Bar Mixed Fruit Cup	16 Choco Muffin W/String Cheese Clementine	17 Yogurt Cup /Bug Bite Crackers Applesauce Cup	18 Cereal Kit Fresh Apples
21 Mixed Match Monday Oatmeal Choco Chip Bar Fresh Apple	22 Bug Bite Crackers Sun Flower Seeds Fresh Clementine	23 French Toast Bar Applesauce Cup	24 Coco Puff Cereal Bar Mixed Fruit Cup	25 Cereal Kit Box of Raisins
28 Mixed Match Monday Goldfish Cracker String Cheese Applesauce Cup	29 Bowl of Lucky Charms Cereal Fresh Banana	30 Soft Cinnamon Toast Crunch Bar Fresh Grapes	31 Choco Oatmeal Benefit Bar Peach Cup	

Montabella BIC Elementary

**Breakfast is free to all students at the start of each day.**

**Questions?**  
**Please call Lisa Hicks at 989-427-5149**  
**Ext. 660**  
**Or Email**  
[lhicks@montabella.com](mailto:lhicks@montabella.com)



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



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