

# chartwells

servicing up happy & healthy

## 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?

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<sup>1</sup> Big Cereal Bowl Fresh Apples
<sup>4</sup> Mixed Match Monday Muffin & String Cheese Diced Pear Cup	<sup>5</sup> Bagel / Cream Cheese Clementine	<sup>6</sup> Apple Frudel Fresh Grapes	<sup>7</sup> Poptart Fruit Cup	<sup>8</sup> Big Cereal Bowl Craisins
<sup>11</sup> Mixed Match Monday Choco Chip Bar String Cheese/Apple	<sup>12</sup> Choco Crescent Apple Slices	<sup>13</sup> Go Gurt Mickey Mouse Crackers Fruit Cup	<sup>14</sup> Banana Chunk Bar Fresh Banana	<sup>15</sup> NO SCHOOL
<sup>18</sup> Mixed Match Monday French Toast Bar Fruit Cup	<sup>19</sup> Big Lucky Charm Cereal Bar Fresh Apple	<sup>20</sup> Choc Muffin String Cheese Mandarin Orange Cup	<sup>21</sup> Cini Mini Bagel Applesauce Cup	<sup>22</sup> Big Cereal Bowl Grapes
<sup>25</sup> Mixed Match Monday Bug Bite Cracker String Cheese Fresh Apple	<sup>26</sup> Blueberry Muffin Cheese Cubes Fruit Cup	<sup>27</sup> NO SCHOOL	<sup>28</sup> NO SCHOOL	<sup>29</sup> NO SCHOOL

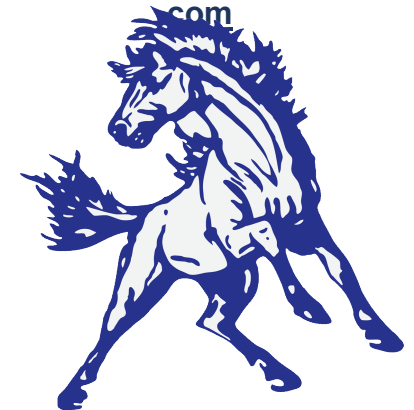
Montabella BIC  
Elementary

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)



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

# What's on the Menu?

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 A. Pizza B. Lunchable Broccoli
4 A. French Toast/Sausage B. Ham & Cheese Croissant Tater Tots	5 A. Chicken Tenders W/Roll B. Mexican Pizza Seasoned Peas	6 A. Chinese Orange Chicken B. Hamburger Broccoli	7 A. Popcorn Chicken W/Roll B. Pizza Crunchers Smile Fries	8 A. Pizza B. Lunchable Corn
11 A. Pancakes W/Sausage B. Tuna Sandwich Hasbrowns	12 A. Chicken Sandwich B. Quesadilla Green Beans	13 Turkey Dinner ONLY 	14 PIZZA ONLY	15 NO SCHOOL
18 A. Waffles W/Sausage B. Fish Sticks Tatar Tots	19 A. Walking Taco B. Deli Sub Refried Beans	20 A. Pizza Casserole B. Bacon Cheeseburger Buttered Corn	21 A. Chicken Nuggets W/Roll B. Sloppy Joe French Fries	22 A. Bosco Sticks B. PBJ Uncrustable Green Beans
25 A. Chicken Legs W/Roll B. Corn Dog/Crackers Tater Tots	26 A. Pizza B. BBQ Wings W/Roll Seasoned Carrots	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

**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
- Pears
- 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 milk, chocolate milk*