

chartwells

serving up happy & healthy






Montabella **JR/SR** February 10th- 14th 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 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
	Fiesta Bowl Chicken or Beef Rice-Black Beans Mexican Corn Queso -Salsa Tortilla Chips	Chicken & Cheese Quesadilla Corn Salad Salsa	Chinese Orange Chicken Rice , Oriental Vetales, Egg Roll , Fortune Cookie	Chicken Sandwich on a Bun Onion Rings Brussel Sprouts Mustang Sauce	Spaghetti & Meatballs Green Beans Dinner Roll Valentines Treat
	Cheeseburger Chicken Sandwich	Spicy Chicken Sandwich Cheeseburger on Pretzel Bun	Chicken Sandwich Turkey & Swiss on a Croissant	Grilled Chicken Sandwich Bacon Cheeseburger	Chicken Sandwich BBQ Wings W/Fries & Roll
	Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station				
	Mexican Fiesta Pizza	Pepperoni Calzone	Pepperoni & Bacon	Pepperoni Pizza Sub	Chicken Bacon Ranch
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Chicken Wrap	Fruited Yogurt Parfait Chef Salad or Ceasar Salad Uncrustable Sandwich Egg Salad on Croissant	Fruited Yogurt Parfait Chef Salad or Taco Salad Uncrustable Sandwich Roast Beef Sandwich	Fruited Yogurt Parfait Chef Salad or Fruit & Cheese Salad Uncrustable Sandwich Turkey Pin Wheel	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Chopped Italian Sub
	Spinach Blend Lettuce Baby Carrots Cherry Tomatoes Sliced Peaches Fresh Apple	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Cinnamon Apple Slices Fresh Kiwi	Spinach Blend Lettuce Baby Carrots Snap Peas Papaya/Mango Cups Fresh Banana	Spinach Blend Lettuce Baby Carrots Corn Salad Cinnamon Bananas Fresh Plum	Spinach Blend Lettuce Baby Carrots Cottage Cheese Rosy Applesauce 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Choose one Entrée: 1. Warm Biscuit & Sausage Gravy 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese 4. Cereal Bowl 5. Benefit Banana Bar 6. Yogurt Cup W/Granola Bar 7. Poptart 8. Boiled Egg W/Muffin	Choose one Entrée: 1. Warm Cinnamon Roll w/ Icing 2. Breakfast Pizza W/Sausage 3. WG Bagel w/ Lite Cream Cheese 4. Cereal Bowl 5. Benefit Banana Bar 6. Yogurt Cup W/Granola Bar 7. Poptart 8. Boiled Egg W/Muffin	Choose one Entrée: 1. WG Strawberry Cream Bagels 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese 4. Cereal Bowl 5. Benefit Banana Bar 6. Yogurt Cup W/Granola Bar 7. Poptart 8. Boiled Egg W/Muffin	Choose One Entrée: 1. Sausage Egg & Cheese Muffin 2. Breakfast Pizza W/ Sausage 3. WG Bagel w/ Lite Cream Cheese 4. Cereal Bowl 5. Banana Chunk Bar 6. Yogurt Cup W/Granola Bar 7. Poptart 8. Boiled Egg W/Nuffin	Choose One Entrée: 1. Breakfast Bowl 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/Lite Cream Cheese 4. Cereal Bowl 5. Benefit Banana Bar 6. Yogurt Cup W/Granola Cup 7. Poptart 8. Boiled Egg W/Muffin
Complete your Meal: Applesauce Cups 100% Fruit Juice 1% White or Flavored 1% Milk	Complete your Meal: Pouch of Craisins 100% Fruit Juice 1% White or Flavored 1% Milk	Complete your Meal: Fresh Banana 100% Fruit Juice 1% White or 1% Flavored Milk	Complete your Meal: Fresh Apple 100% Fruit Juice 1% White or Flavored 1% Milk	Complete your Meal: Boxed Raisins 100% Fruit Juice 1% White or Flavored 1% Milk
Grab N Go: Cinni Mini Bagel	Grab N Go: Pancake on a Stick	Grab N Go: Breakfast Pocket	Grab N Go: French Toast Sticks	Grab N Go: Breakfast Burrito W/Salsa



Go to 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?

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Choco Muffin Cheese Stick Applesauce Cup	Cheerio Cereal Bar , Clementine	5 Yogurt Cup Bug Bites Grahams Pineapple	6 Small Uncrustable Mixed Fruit Cup	7 Big Cereal Bowl Fresh Apple
10 Nutrigrain Bar Cheese Cubes Craisins	11 Poptart Grapes	12 Lucky Charm Bar Apple Slices	13 Banana Muffin Cheese Stick Fresh Banana	14 Big Cereal Bowl Fresh Apple
17 NO SCHOOL	18 Banana Chunk Bar Grapes	19 Bagel W/Cream Cheese Fruit Cup	20 Chocolate Crescent Fresh Banana	21 Big Cereal Bowl Fresh Apple
24 French Toast Benefit Bar Applesauce Cup	25 Poptart Fruit Cup	26 Blueberry Muffin Cheesestick Clemenetine	27 Banana Chunk Bar Raisins	28 Big Cereal Bowl Fresh Apple

Montabella BIC Elementary

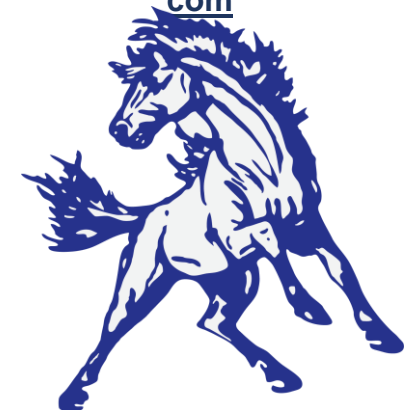
Breakfast Free to All Students, at the start of every day.

Fresh Fruit & 100% Fruit Juice Offered Daily

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

Or Email

lhicks@montabella.com



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?

February 2025
Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 A. Pancake Wrap B. Boneless Chicken Wings Hashbrown	4 A. Nacho's B. Egg Salas Sandwich Refried Beans	5 A. Chicken Alfredo B. Cheeseburger Broccoli	6 A. Hamburger B. Chili cheese Dog Sweet Potatoes	7 A. Pizza B. Tuna Sandwich W/Chips Carrots
10 A. Breakfast Pizza B. Burrito Fries	11 A. BBQ Riblet Mac & Cheese B. Ham Lunchable Green Beans	12 A. Orange Chicken B. Cheeseburger Seasoned Corn	13 A. Chicken Nuggets W/Roll B. Yogurt Parfait Smile Fries	14 A. Bosco Stix B. Fish Sticks W/Roll Seasoned Peas
17 A. NO SCHOOL	18 A. Beef Tacos B. Turkey Sandwich Mixed Veggies	19 A. Tater Tot Casserole B. WG Pizza Boli Tater Tots	20 A. Roast Beef & Roll B. Mozz Stix Mashed Potatoes	21 A. French Bread Pizza B. Fish Sandwich Green Beans
24 A. Biscuit & Gravy W/Sausages B. Cheesy Pull Aparts W/Sauce Tater Tots	25 A. Mexican Pizza B. Cheese Calzone Seasoned Corn	26 A. Baked Ziti B. Mini Corn Dog Green Beans	27 A. Chicken Sandwich B. Hot Ham & Cheese on a Bun Curly Fries	28 A. Pizza B. PBJ Sandwich Broccoli

**extra.
extra**

Weekly Rotating Choices:

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

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

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