

chartwells

serving up happy & healthy



Montabella **JR/SR** September 16th-20th 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 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
	Fiesta Bowl Choice of: Chicken Fajita or Taco Meat Queso Cheese, Black Beans, Mexican Rice Corn, Tortilla Scoops	Beef Pot Roast Mashed Potatoes Glazed Carrots Dinner Roll	Biscuits & Gravy Sausage Patty Hash Brown Juice Box Apple Jelly	Sheperds Pie Seasoned Corn Cornbread	Chicken Tenders Potato Wedges Cheez Its
	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
	Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station				
	Pizza Crunchers W/Sauce	Pepperoni Calzone	Pepperoni & Bacon	Meatlovers Pizza	Cheese Breadsticks W/Sauce
	Fruited Yogurt Parfait Chef Salad Un crustable Sandwich Chicken Wrap	Fruited Yogurt Parfait Chef Salad Un crustable Sandwich Egg Salad Croissant	Fruited Yogurt Parfait Chef Salad Un crustable Sandwich Turkey BLT Wrap	Fruited Yogurt Parfait Chef Salad Un crustable Sandwich Spicy Chicken Wrap	Fruited Yogurt Parfait Chef Salad Un crustable Sandwich Chopped Italian Sub
	Spinach Blend Lettuce Baby Carrots Grape Tomatoes Rosy Applesauce Fresh Apple	Spinach Blend Lettuce Baby Carrots Cottage Cheese Chilled Pineapple Fresh Watermelon	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Mandarin Oranges Fresh Strawberries	Spinach Blend Lettuce Baby Carrots Pea Salad Diced Pears Fresh Blueberries	Spinach Blend Lettuce Baby Carrots Baked Beans Fruit Cocktail 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.

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Montabella JR/SR High School Breakfast Menu 2024 Breakfast Free to all Students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Warm Biscuit & Sausage Gravy Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese Big Cereal Bowl Banana Chunk Bar Breakfast Parfait W/Muffin Poptart Brown Sugar Oatmeal 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Warm Cinnamon Roll w/ Icing Breakfast Pizza W/Sausage WG Bagel w/ Lite Cream Cheese Big Cereal Bowl Banana chunk Bar Breakfast Parfait W/Muffin Poptart Brown Sugar Oatmeal 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Ham & Cheese on a Croissant Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese Big Cereal Bowl Banana Chunk Bar Breakfast Parfait W/Muffin Poptart Brown Sugar Oatmeal 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> Sausage Egg Cheese Muffin Breakfast Pizza W/ Sausage WG Bagel w/ Lite Cream Cheese Big Cereal Bowl Banana Chunk Bar Breakfast Parfait W /Muffin Poptart Brown Sugar Oatmeal 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> Breakfast Bowl Breakfast Pizza Bacon Egg & Cheese WG Bagel w/Lite Cream Cheese Big Cereal Bowl Banana Chunk Bar Breakfast Parfait W/Muffin Poptart Brown Sugar Oatmeal
<p>Complete your Meal: Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p>Complete your Meal: Pouch of Craisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p>Complete your Meal: Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or 1% Flavored Milk</p>	<p>Complete your Meal: Fresh Apple 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>	<p>Complete your Meal: Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk</p>
<p>Grab N Go: Warm Cinnamon Toast Crunch Soft Bar</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Pancake on a Stick</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Fun Breakfast Cereal Kit</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Pancakes W/Sausage Patties & Hashbrown</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>	<p>Grab N Go: Blueberry Muffin W/String Cheese</p> <p>Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple</p>



Go to 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?

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
No School ²	Nutrigrain Bar ³ String Cheese Diced Pear Cup	Poptart ⁴ Mandarin Oranges	Blueberry Muffin ⁵ Cheese Cubes Peach Cup	Cereal Kit ⁶
Mixed Match ⁹ Monday Oatmeal Bar Apple Slices	Banana Chunk Bar ¹⁰ Mixed Fruit Cup	UBR Bar ¹¹ Fresh Apple	Trix Cereal Bar ¹² Mandarin Orange Cup	Cereal Kit ¹³ Mixed Fruit
Mixed Match ¹⁶ Monday Apple Frudel Applesauce Cup	Soft Cinnamon ¹⁷ Toast Crunch Bar Grapes	French Toast Bar ¹⁸ Apple Slices	Cinnamon Pull ¹⁹ Apart Bagel Peach Cup	Cereal Kit ²⁰
Mixed Match ²³ Monday Oatmeal Choco Chip Bar Fresh Apple	Bug Bite ²⁴ Crackers Sun Flower Seeds Fresh Clementine	No School ²⁵	Coco Puff Cereal ²⁶ Bar Mixed Fruit Cup	Cereal Kit ²⁷
Mixed Match ³⁰ Monday Golfish Cracker String Cheese Applesauce Cup	¹	²	³	⁴

Montabella BIC
Elementary

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

**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?

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 A) Chicken Tenders W/Roll B) Egg Salad French Fries	4 A) Mac & Cheese W/Roll B) Ham & Cheese Sand Seasoned Carrots	5 A) Fish Sticks W/Roll B) Grilled Cheese Seasoned Peas	6 A) French Bread Pizza B) Cheeseburger Green Beans
9 A) French Toast B) Chicken Drumstick Tater Tots	10 A) BBQ Riblet Sandwich B) Hamburger Seasoned Broccoli	11 A) TaterTot Casserole B) Chicken Sandwich Seasoned Corn	12 A) Chicken Poppers B) Tuna Sandwich Baked Beans	13 A) Pepperoni Pizza B) PB&J Uncrustable Seasoned Peas
16 A) Beef Hot Dog B) Bosco Sticks W/ Marinara Smile Potatoes	17 A) Cheese Quesadilla B) Cheeseburger Seasoned Corn	18 A) Tangerine Chicken Meal B) Ham Sandwich Stir Fry Vegetables	19 A) Popcorn Chicken W/Roll B) Pancakes Hashbrown	A) Fiesta Pizza B) Turkey Sandwich Seasoned Corn
23 A) Chicken Nuggets B) Pizza Burger French Fries	24 A) Walking Taco Nacho Doritos B) Mini Corn Dog Refried Beans	25 No School	26 A) Beef Pot Roast W/Dinner Roll B) Deli Sub Mashed Potatoes	27 A) Cheese Pizza B) PB&J Uncrustable Seasoned Broccoli
30 A) Chicken Drumsticks WG Dinner Roll B) Bosco Sticks Mashed Potatoes	1	2	3	4

All meals served with milk, chocolate milk

**extra.
extra**

Weekly Rotating Choices:

Fresh Lettuce
Grape Tomatoes
Potato Salad
Celery
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
Watermelon

**3-4-5th Grade Options
Daily:
Pizza/Burgers/Chicken/
Deli Sandwiches**