



## Montabella **JR/SR** March 18th-22nd 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 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
	Fiesta Bowl Choice of Chicken Fajita Taco Meat Queso Cheese Black Beans Mexican Corn Tortilla Scoops	Scrambled Eggs Waffles Sausage Patties Hash Brown Juice Box	Tomato Soup Ciabatta Grilled Cheese Seasoned Green Beans Buttery Crackers	Crispito's Refried Beans Corn Bread Muffins	<b>TWO CHOICES ONLY</b> Hot Dogs/Hamburgers Potato Chips Baked Beans/Coleslaw Pickles/Tomatoes Watermelon/Apples Relish/Onions
	Cheeseburger Chicken Sandwich Spicy Chicken Sandwich	Cheeseburger Spicy Chicken Sandwich Ham & Cheese Croissant	Cheeseburger Spicy Chicken Sandwich Mustang Buger	Cheeseburger Chicken Sandwich Pizza Burger	
	Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station				
	Pizza Crunchers W/Sauce	Pepperoni Calzone	BBQ Chicken Pizza	Buffalo Chicken Pizza	
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Turkey BLT Wrap</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Tuna Salad</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Turkey &amp; Swiss Wrap</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Spicy Chicken Wrap</b>	
	Spinach Blend Lettue Baby Carrots Grape Tomatoes Rosy Applesauce Fresh Honey Crisp Apple	Spinach Blend Lettuce Baby Carrots Sliced Colored Peppers Pineapple Chunks Fresh Tangerine	Spinach Blend Lettuce Baby Carrots Cottage Cheese Mandarin Oranges Fresh Banana	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Papaya/Mango Cups Fresh Grapes	

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 **Elementary** March 11th-22nd 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 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
	<b><u>Choice A</u></b> Chicken Tenders W/Roll	<b><u>Choice A</u></b> Corn Dog W/Pretzels	<b><u>ONE CHOICE ONLY</u></b> EARLY RELEASE	<b><u>ONE CHOICE ONLY</u></b> EARLY RELEASE	NO SCHOOL
	<b><u>Choice B</u></b> PB & J Uncrustable Sandwich <b><u>3-4-5 Grade Options</u></b> Pizza Cheesy Pull Aparts Chicken Sandwich	<b><u>Choice B</u></b> Pizza Lunchable <b><u>3-4-5 Grade Options</u></b> Pizza Hot Ham & Cheese Spicy Chicken Sandwich	French Bread Pizza  Carrots Sliced Apples	Personal Pan Round Pizza  Carrots Sliced Apples	
	<b><u>Hot Vegetable</u></b> Seasoned Green Beans	<b><u>Hot Vegetable</u></b> Seasoned Corn	<b><u>Hot Vegetable</u></b>	<b><u>Hot Vegetable</u></b>	<b><u>Hot Vegetable</u></b>
	<b><u>Fruit &amp; Veggie Bar</u></b> Sliced Cucumbers Pineapple Tidbits Fresh Tropical Fruit Mix	<b><u>Fruit &amp; Veggie Bar</u></b> Snow Peas Mixed Fruit Fresh Orange	<b><u>Fruit &amp; Veggie Bar</u></b>	<b><u>Fruit &amp; Veggie Bar</u></b>	<b><u>Fruit &amp; Veggie Bar</u></b>
Attention: Spinach & Lettuce Blend Available Daily on our Fruit & Veggie Bar					
	<b><u>Monday 18</u></b>	<b><u>Tuesday 19</u></b>	<b><u>Wednesday 20</u></b>	<b><u>Thursday 21</u></b>	<b><u>Friday 22</u></b>
	<b><u>Choice A</u></b> Pancakes & Sausage	<b><u>Choice A</u></b> Hamburger on a Bun	<b><u>Choice A</u></b> Mexican Fiesta Pizza	<b><u>Choice A</u></b> Breaded Chicken Leg	<b><u>Choice A</u></b> Cheese Pizza
	<b><u>Choice B</u></b> Ham & Cheese Lunchable <b><u>3-4-5- Grade Options</u></b> Pizza Quesadila W/ Sauce Popcorn Chicken W/Corn Muffin	<b><u>Choice B</u></b> Pancake on a Stick W/Muffin <b><u>3-4-5 Grade Options</u></b> Pizza Mini CornDogs W/Cheez Its, Spicy Chicken Sandwich	<b><u>Choice B</u></b> Grilled Cheese Sandwich  <b><u>3-4-5 Grade Options</u></b> Pizza, Pulled Pork Sandwich, Chicken Sandwich	<b><u>Choice B</u></b> Pizza Calzone W/Sauce <b><u>3-4-5 Grade Options</u></b> Pepperoni Pizza Cheeseburger on a Bun Breakfast Pizza W/Muffin	<b><u>Choice B</u></b> PB & J Uncrustable <b><u>3-4-5 Grade Options</u></b> Pizza PhillyCheese Pinwheels, Spicy Chicken
	<b><u>Hot Vegetable</u></b> Tator Tots	<b><u>Hot Vegetable</u></b> Seasoned Mixed Veggies	<b><u>Hot Vegetable</u></b> Seasoned Broccoli	<b><u>Hot Vegetable</u></b> Seasoned Corn	<b><u>Hot Vegetable</u></b> Green Beans
	<b><u>Fruit &amp; Veggie Bar</u></b> Celery Sticks Mandarin Oranges, Fresh Banana	<b><u>Fruit &amp; Veggie Bar</u></b> Cottage Cheese Diced Pears Fresh Grapes	<b><u>Fruit &amp; Veggie Bar</u></b> V8 Juice Diced Peaches Fresh Tangerine	<b><u>Fruit &amp; Veggie Bar</u></b> Broccoli Florets, Crasins, Cinnamon Apples	<b><u>Fruit &amp; Veggie Bar</u></b> Baked Beans Applesauce, 100% Fruit Juice Sorbet

Questions or comments? Please contact Lisa Hicks, Food Service Director, at lhicks@montabella.com.

Go to <https://payments.efundsfor schools.com/v3/districts/56131/> to deposit money and check balance.

This institution is an equal opportunity provider and employer.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choose one Entrée:</b> <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>	<b>Choose one Entrée:</b> <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>	<b>Choose one Entrée:</b> <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>	<b>Choose One Entrée:</b> <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>	<b>Choose One Entrée:</b> <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>
<b>Complete your Meal:</b> Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Pouch of Craisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or 1% Flavored Milk	<b>Complete your Meal:</b> Fresh Apple 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk
<b>Grab N Go:</b> Warm Cinnamon Toast Crunch Soft Bar  <b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	<b>Grab N Go:</b> Pancake on a Stick  <b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	<b>Grab N Go:</b> Fun Breakfast Cereal Kit  <b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	<b>Grab N Go:</b> Pancakes W/Sausage Patties & Hashbrown <b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	<b>Grab N Go:</b> Blueberry Muffin W/String Cheese  <b>Breakfast Cart:</b> Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple



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**

# Montabella Elementary March 2024

## Breakfast in Classroom Menu

**Breakfast is FREE to all Students**



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <u><b>MIRM French Day</b></u> Chocolate Crescent Roll Mixed Fruit Cup 100% Fruit Juice Milk Choice
<b>4</b> Butterscotch Oatmeal Bars Mandarin Orange Cup 100% Fruit Juice Milk Choice	<b>5</b> UBR Breakfast Bar Mixed Fruit Cup 100% Fruit Juice Milk Choice	<b>6</b> <b>HOT BREAKFAST WEDNESDAY</b> Apple Frudel Diced Peaches 100% Fruit Juice Milk Choice	<b>7</b> Yogurt Cup W/Muffin Fresh Apple 100% Fruit Juice Milk Choice	<b>8</b> Nutrigrain Bar Oceanspray Craisins 100% Fruit Juice Milk Choice
<b>11</b> Banana Chunk Bar Box of Raisins 100% Fruit Juice Milk Choice	<b>12</b> Cereal Fun Kit Fresh Banana 100% Fruit Juice Milk Choice	<b>13</b> <b>HOT BREAKFAST WEDNESDAY</b> Flavored Poptart Applesauce Cup 100% Fruit Juice Milk Choice	<b>14</b> Crunchmania Grahams Fresh Apple 100% Fruit Juice Milk Choice	<b>15</b> NO SCHOOL
<b>18</b> Bunny Grahams W/Yogurt Cup Mandarin Orange Cup 100% Fruit Juice Milk Choice	<b>19</b> Cheez Its Crackers Cheese Cubes Diced Pear Cup 100% Fruit Juice Milk Choice	<b>20</b> <b>HOT BREAKFAST WEDNESDAY</b> Pancakes Strawberry Cup 100% Fruit Juice Milk Choice	<b>21</b> Bagel W/Cream Cheese Fresh Apple 100% Fruit Juice Milk Choice	<b>22</b> <u><b>Mixed Match Day</b></u> Cinnamon Toast Crunch Bar Peach Cup 100% Fruit Juice Milk Choice
<b>25</b> NO SCHOOL SPRING BREAK	<b>26</b> NO SCHOOL SPRING BREAK	<b>27</b> NO SCHOOL SPRING BREAK	<b>28</b> NO SCHOOL SPRING BREAK	<b>29</b> NO SCHOOL SPRING BREAK

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**Also available an Extra ½ Cup Fruit Serving in the Cold Breakfast Tote**

Milk choices include 1% White & 1% Chocolate all milk is artificial hormone free.

Questions? Please call Lisa Hicks 989-427-5149 ex660

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

Menu is subject to change