

chartwells

serving up happy & healthy

Montabella JR/SR High School Breakfast Menu 2024 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. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal	Choose one Entrée: 1. Warm Cinnamon Roll w/ Icing 2. Breakfast Pizza W/Sausage 3. WG Bagel w/ Lite Cream Cheese 4. Big Cereal Bowl 5. Banana chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal	Choose one Entrée: 1. Ham & Cheese on a Croissant 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese 4. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal	Choose One Entrée: 1. Sausage Egg Cheese Muffin 2. Breakfast Pizza W/ Sausage 3. WG Bagel w/ Lite Cream Cheese 4. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W /Muffin 7. Poptart 8. Brown Sugar Oatmeal	Choose One Entrée: 1. Breakfast Bowl 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/Lite Cream Cheese 4. Big Cereal Bowl 5. Banana Chunk Bar 6. Breakfast Parfait W/Muffin 7. Poptart 8. Brown Sugar Oatmeal
Complete your Meal: Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	Complete your Meal: Pouch of Craisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	Complete your Meal: Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or 1% Flavored Milk	Complete your Meal: Fresh Apple 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	Complete your Meal: Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk
Grab N Go: Warm Cinnamon Toast Crunch Soft Bar Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	Grab N Go: Pancake on a Stick Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	Grab N Go: Fun Breakfast Cereal Kit Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	Grab N Go: Pancakes W/Sausage Patties & Hashbrown Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple	Grab N Go: Blueberry Muffin W/String Cheese Breakfast Cart: Banana Chunk Bar Big Cereal Bowl 100% Fruit Juice Box Fresh Apple



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?

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

**3-4-5th 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 NO SCHOOL
14 NO SCHOOL	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



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