

# chartwells

serving up happy & healthy








## Montabella **JR/SR** February 3rd- 7th 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
	Fiesta Bowl Chicken or Beef Rice-Black Beans Mexican Corn Queso -Salsa Tortilla Chips	Turkey & Gravy Mashed Potatoes Sweet Corn Dinner Roll	Lasagna Roll Ups Seasoned Broccoli Bosco Stick	Pot Roast Au gratin Potatoes Green Beans Dinner Roll	BBQ Riblets Mac & Cheese Acorn Squash Breadsticks
	Cheeseburger Chicken Sandwich	Spicy Chicken Sandwich Cheeseburger on Pretzel Bun	Chicken Sandwich Double Cheeseburger	Grilled Chicken Sandwich Bacon Cheeseburger	Chicken Sandwich Wet Burrito
	<b>Available Daily: Pepperoni &amp; Cheese Pizza on Whole Grain Crust , Also our Sub Station</b>				
	Mexican Fiesta Pizza	Pepperoni Calzone	Pepperoni & Bacon	Pepperoni Pizza Sub	Chicken Bacon Ranch
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Chicken Wrap</b>	Fruited Yogurt Parfait Chef Salad or Ceasar Salad Uncrustable Sandwich <b>Egg Salad on Croissant</b>	Fruited Yogurt Parfait Chef Salad or Taco Salad Uncrustable Sandwich <b>Roast Beef Sandwich</b>	Fruited Yogurt Parfait Chef Salad or Fruit Salad Uncrustable Sandwich <b>Turkey Pin Wheel</b>	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich <b>Chopped Italian Sub</b>
	Spinach Blend Lettuce Baby Carrots Grape Tomatoes Sliced Peaches Fresh Apple	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Cinnamon Apple Slices Fresh Kiwi	Spinach Blend Lettuce Baby Carrots Cottage Cheese Papaya/Mango Cups Fresh Banana	Spinach Blend Lettuce Baby Carrots Corn Salad Cinnamon Bananas Fresh Plum	Spinach Blend Lettuce Baby Carrots Creamy Coleslaw Mixed Berries 100% Fruit Frozen Sobot

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choose one Entrée:</b> 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	<b>Choose one Entrée:</b> 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	<b>Choose one Entrée:</b> 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	<b>Choose One Entrée:</b> 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	<b>Choose One Entrée:</b> 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
<b>Complete your Meal:</b> Applesauce Cups 100% Fruit Juice  1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Pouch of Craisins 100% Fruit Juice  1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Fresh Banana 100% Fruit Juice  1% White or 1% Flavored Milk	<b>Complete your Meal:</b> Fresh Apple 100% Fruit Juice  1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Boxed Raisins 100% Fruit Juice  1% White or Flavored 1% Milk
<b>Grab N Go:</b> Cinni Mini Bagel	<b>Grab N Go:</b> Pancake on a Stick	<b>Grab N Go:</b> Breakfast Pocket	<b>Grab N Go:</b> French Toast Sticks	<b>Grab N Go:</b> Breakfast Burrito W/Salsa



Go to [www.choosemyplate.gov](http://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

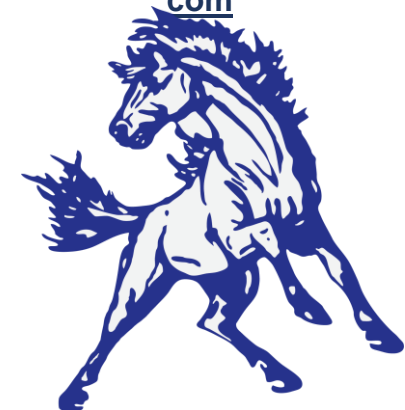
**Breakfast Free to All Students, at the start of every day.**

**Fresh Fruit & 100% Fruit Juice Offered Daily**

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

**Or Email**

**[lhicks@montabella.com](mailto: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

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

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