






## Montabella **JR/SR** April 14th-18th 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 14                                                                                                              | Tuesday 15                                                                                                 | Wednesday 16                                                                                                     | Thursday 17                                                                                                      | Friday 18                                                                                           |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|    | Build your own Baked Potato<br>Diced Ham<br><br>Seasoned Broccoli<br><br>Cheese Sauce<br>Bacon Topping<br>Green Onions | Mac & Cheese<br><br>Green Beans<br><br>Dinner Roll                                                         | Chicken Fajita Bowl<br>or Beef<br><br>Black Beans-Corn<br><br>Rice-Queso Cheese<br><br>Tortilla Chips            | Chicken Broccoli Cheese<br>Rice Bake<br><br>Buttered Squash<br><br>Dinner Roll                                   | NO SCHOOL                                                                                           |
|  | Cheeseburger<br><br>Chicken Sandwich                                                                                   | Spicy Chicken Sandwich<br><br>Cheeseburger on a Bun<br>W/Tater Tots                                        | Chicken Sandwich<br><br>Cheeseburger on Pretzel Bun<br>W/Tater Tots                                              | Mustang Chicken Sandwich<br><br>Mini Corn Dogs<br>W/Tater Tots -Cheez Its                                        | Fish Sandwich W/Tots<br><br>BBQ Wings W/Fries<br>Dinner Roll                                        |
|  | Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station                                  |                                                                                                            |                                                                                                                  |                                                                                                                  |                                                                                                     |
|                                                                                    | Cheese Stuffed Bread-Sticks W/Sauce                                                                                    | Pepperoni Calzone                                                                                          | Bacon Cheeseburger Pizza                                                                                         | Pepperoni Stromboli                                                                                              | Garlic & Herbed Cheese Sticks                                                                       |
|  | Fruited Yogurt Parfait<br><br>Chef Salad<br><br>Uncrustable Sandwich<br><b>Chicken Wrap</b>                            | Fruited Yogurt Parfait<br><br>Chef Salad or Caesar Salad<br><br>Uncrustable Sandwich<br><b>Italian Sub</b> | Fruited Yogurt Parfait<br><br>Chef Salad or Taco Salad<br><br>Uncrustable Sandwich<br><b>Chicken Caesar Wrap</b> | Fruited Yogurt Parfait<br><br>Chef Salad or Fruit & Cheese Salad<br><br>Uncrustable Sandwich<br><b>Taco Wrap</b> | Fruited Yogurt Parfait<br><br>Chef Salad<br><br>Uncrustable Sandwich<br><b>Spicy Chicken Wrap</b>   |
|  | Spinach Blend Lettuce<br>Baby Carrots<br>Corn Salad<br>Mandarin Oranges<br>Fresh Apple                                 | Spinach Blend Lettuce<br>Baby Carrots<br>Sliced Peppers<br>Fresh Grapes<br>Fresh Clementine                | Spinach Blend Lettuce<br>Baby Carrots<br>Cherry Tomatoes<br>Applesauce Cups<br>Fresh Banana                      | Spinach Blend Lettuce<br>Baby Carrots<br>Cottage Cheese<br>Cinnamon Bananas<br>Pineapple Slices                  | Spinach Blend Lettuce<br>Baby Carrots<br>Marinated Cucumbers<br>Apricots<br>100% Fruit Frozen Sobet |

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> <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. Cereal Bowl</li> <li>5. Benefit Banana Bar</li> <li>6. Yogurt Cup W/Granola Bar</li> <li>7. Poptart</li> <li>8. Boiled Egg W/Muffin</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. Cereal Bowl</li> <li>5. Benefit Banana Bar</li> <li>6. Yogurt Cup W/Granola Bar</li> <li>7. Poptart</li> <li>8. Boiled Egg W/Muffin</li> </ol> | <b>Choose one Entrée:</b> <ol style="list-style-type: none"> <li>1. WG Strawberry Cream Bagels</li> <li>2. Breakfast Pizza Bacon Egg &amp; Cheese</li> <li>3. WG Bagel w/ Lite Cream Cheese</li> <li>4. Cereal Bowl</li> <li>5. Benefit Banana Bar</li> <li>6. Yogurt Cup W/Granola Bar</li> <li>7. Poptart</li> <li>8. Boiled Egg W/Muffin</li> </ol> | <b>Choose One Entrée:</b> <ol style="list-style-type: none"> <li>1. Sausage Egg &amp; Cheese Muffin</li> <li>2. Breakfast Pizza W/ Sausage</li> <li>3. WG Bagel w/ Lite Cream Cheese</li> <li>4. Cereal Bowl</li> <li>5. Banana Chunk Bar</li> <li>6. Yogurt Cup W/Granola Bar</li> <li>7. Poptart</li> <li>8. Boiled Egg W/Nuffin</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. Cereal Bowl</li> <li>5. Benefit Banana Bar</li> <li>6. Yogurt Cup W/Granola Cup</li> <li>7. Poptart</li> <li>8. Boiled Egg W/Muffin</li> </ol> |
| <b>Complete your Meal:</b><br>Applesauce Cups<br>100% Fruit Juice<br><br>1% White or Flavored 1% Milk                                                                                                                                                                                                                                                        | <b>Complete your Meal:</b><br>Pouch of Craisins<br>100% Fruit Juice<br><br>1% White or Flavored 1% Milk                                                                                                                                                                                                                                    | <b>Complete your Meal:</b><br>Fresh Banana<br>100% Fruit Juice<br><br>1% White or 1% Flavored Milk                                                                                                                                                                                                                                                     | <b>Complete your Meal:</b><br>Fresh Apple<br>100% Fruit Juice<br><br>1% White or Flavored 1% Milk                                                                                                                                                                                                                                             | <b>Complete your Meal:</b><br>Boxed Raisins<br>100% Fruit Juice<br><br>1% White or Flavored 1% Milk                                                                                                                                                                                                                                       |
| <b>Grab N Go:</b><br>Cinni Mini Bagel                                                                                                                                                                                                                                                                                                                        | <b>Grab N Go:</b><br>Pancake on a Stick                                                                                                                                                                                                                                                                                                    | <b>Grab N Go:</b><br>Breakfast Pocket                                                                                                                                                                                                                                                                                                                  | <b>Grab N Go:</b><br>French Toast Sticks                                                                                                                                                                                                                                                                                                      | <b>Grab N Go:</b><br>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?

April 2025

| Monday                               | Tuesday                                                  | Wednesday                                                | Thursday                                                              | Friday                                                                          |
|--------------------------------------|----------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------|
|                                      | 1<br>Banana Chunk Bar<br><br>Fresh Apple                 | 2<br>Poptart<br><br>Fruit Cup                            | 3<br>Banana Muffin<br>W/Pineapple & Mango<br>Smoothie<br>Fresh Banana | Mix Match Day 4<br><br>Nutrigrain Bar<br>Cheesestick<br>Applesauce Cup          |
| 7<br>Cereal Kit<br><br>Bagged Grapes | 8<br>W/G Bagel<br>W/Cream Cheese<br><br>Mandarin Oranges | 9<br>Apple Frudel<br><br>Applesauce Cup                  | 10<br>Poptart<br><br>Fresh Banana                                     | 11<br>Mix Match Day<br>Soft Filled<br>Cinnamon Toast<br>Crunch Bar<br>Fruit Cup |
| 14<br>Cereal Kit<br><br>Apple Slices | 15<br>Chocolate Muffin<br>Sting Cheese<br><br>Fruit Cup  | 16<br>Cini Mini's<br><br>Fresh Apple                     | 17<br>Yogurt Cup<br>Bug Bite<br>Grahams<br><br>Mix Fruit Cup          | 18<br><br>NO SCHOOL                                                             |
| 21<br>Cereal Kit<br><br>Craisins     | 22<br>Poptart<br><br>Clementine                          | 23<br><br>NO SCHOOL                                      | 24<br>Small<br>Uncrustable<br>Sandwich<br>Fresh Apple                 | 25<br>Mix Match Day<br>Apple Cinnamon<br>Bar<br>Bagged Grapes                   |
| 28<br>Cereal Kit<br><br>Raisins      | 29<br>Poptart<br><br>Fresh Apple                         | 30<br>Blueberry Muffin<br>Cheese Stick<br>Applesauce Cup |                                                                       |                                                                                 |

**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)**



# What's on the Menu?

April 2025 Lunch  
Menu

| Monday                                                                              | Tuesday                                                                         | Wednesday                                                                           | Thursday                                                                     | Friday                                                                         |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
|                                                                                     | 1<br>A. Nacho's<br>B. Cheeseburger<br>Refried Beans                             | 2<br>A. Spaghetti<br>W/Bread Roll<br>B. Fruited Parfait<br>W/Granola<br>Corn        | 3<br>A. Chicken Nuggets<br>W/Roll<br>B. Chicken Crispito<br>Curly Fries      | 4<br>A. Pizza<br>B. Ham & Cheese<br>Lunchable<br>Broccoli                      |
| 7<br>A. Pancake on a<br>Stick W/Sausage<br>B. Grilled Cheese<br>Tater Tots          | 8<br>A. Chicken<br>Taco's<br>B. Italian<br>Pullaparts<br>Seasoned Peas          | 9<br>A. Chicken &<br>Noodles<br>W/Gravy<br>B. Hamburger<br>French Fries             | 10<br>A. Popcorn<br>Chicken W/Roll<br>B. Riblet Sandwich<br>French Fries     | 11<br>A. Bosco Stix<br>B. PBJ<br>Uncrustable<br>Mixed Vegtable                 |
| 14<br>A. Pancakes &<br>Sausages<br>B. Ham & Cheese<br>Croissant<br>Hashbrown        | 15<br>A. Walking Taco<br>B. Deli Turkey<br>Sandwich<br>Refried Beans            | 16<br>A. Mac & Cheese<br>W/BBQ Riblet<br>B. Turkey & Cheese<br>Sub<br>Seasoned Corn | 17<br>A. Chicken Sticks<br>& Roll<br>B. Pizza<br>Crunchers<br>Smile Fries    | 18<br>NO SCHOOL                                                                |
| 21<br>A. French Toast<br>Sticks<br>B. Tuna Sandwich<br>W/Pretzels<br>C. Tator Taots | 22<br>A. Bean & Cheese<br>Burrito<br>B. Mini Corn<br>Dogs W/Roll<br>Baked Beans | 23<br>NO SCHOOL                                                                     | 24<br>A. Chicken<br>Tenders W/Roll<br>B. Hot Dog on a<br>Bun<br>French Fries | 25<br>A. French Bread<br>Pizza<br>B. Fish Sticks<br>W/Roll<br>Mixed Vegetables |
| 28<br>A. Waffles & Sauge<br>B. Fish Sandwich<br>Tater Tots                          | 29<br>A. Mexican Pizza<br>B. Deli Turkey Sub<br>Carrots                         | 30<br>A. Tater Tot<br>Casserole W/Roll<br>B. Chicken<br>Sandwich<br>Curly Fries     |                                                                              |                                                                                |

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

extra.  
extra

Weekly Rotating Choices:  
Fresh Lettuce W/Spinach  
Grape Tomatoes  
Cauliflower  
Baked Beans  
Baby Carrots  
Sliced Cucumbers  
Green Pepper Slices  
Broccoli Florets  
Avocado Halves  
Celery Sticks  
Watermelon Chunks  
Whole Apples  
Fresh Oranges  
Plums  
Sliced Apples  
Grapes  
Mandarin Oranges  
Bananas  
Pineapple  
Mixed Fruit  
Cinnamon Applesauce

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