



Montabella **JR/SR** October 27th-31st 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 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
	French Toast Sticks Sausage Patties Herbed Potato Cubes Juice Syrup Packet	Roast Beef Mashed Potatoes Beef Gravy Glazed Carrot Dinner Rolls	Fiesta Bowl Chicken Fajita -Taco Meat Black Beans-Corn-Peppers-Rice-Gaucamole Tortilla Chips Queso Cheese	Chicken Teriyaki Fried Rice Oriental Vegetables Egg Roll Fortune Cookie	Spook-etti Mummy Meatballs Haunted Trees Vampire Garlic Bread Rice Krispie Treat
	Cheeseburger on a Bun Spicy Chicken Sandwich Turkey & Swiss on Pretzel Bun	Bacon Cheeseburger Spicy Chicken Sandwich Popcorn Chicken W/Tots Spicy Buffalo Cheez It	Chicken Sandwich Cheeseburger on Pretzel Bun	Cheeseburger on Bun Quesadilla W/Salsa Pizza Burger	Scary Spicy Chicken Witches Fingers Bat Wings W/Spooky Spuds & Boo-Bones
	Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station				
	BBQ Chicken Pizza	Pepperoni Calzone	Chicken Bacon Ranch	Bacon BLT Pizza	Hocus Pocus Buffalo Chicken Pizza
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Chicken Wrap	Fruited Yogurt Parfait Chef Salad or Honey Dijon Grilled Chicken Salad Uncrustable Sandwich Turkey Flatbread	Fruited Yogurt Parfait Chef Salad or Caesar Salad Uncrustable Sandwich Chicken Caesar Wrap	Fruited Yogurt Parfait Chef Salad or Southwest Salad Uncrustable Sandwich Taco Wrap	Fruited Yogurt Parfait Chef Salad or Spicy Chicken Salad Uncrustable Sandwich Turkey BLT Wrap
	Spinach Blend Lettuce Baby Carrots Grape Tomato Mandarin Oranges Fresh Apple	Spinach Blend Lettuce Baby Carrots Cucumber & Tomato Salad Sliced Apples Mixed Malibu Fruit	Spinach Blend Lettuce Baby Carrots Corn Salad Diced Peaches Fresh Banana	Spinach Blend Lettuce Baby Carrots Baked Beans Cinnamon Bananas Sliced Strawberries	Spinach Blend Lettuce Baby Carrots Cottage Cheese Orange Applesauce Fresh Blueberries

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.

Montabella JR/SR High School Breakfast Menu
2025 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. Cereal Bowl 5. Benefit Banana Bar 6. Yogurt Cup W/Granola Bar 7. Poptart 8. Cheese Stick-W/Muffin	Choose one Entrée: 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. Cheesestick-W/Muffin	Choose one Entrée: 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. Cheesestick-W/Muffin	Choose One Entrée: 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. Cheesestick-W/Muffin	Choose One Entrée: 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. Cheesestick-W/Muffin
Complete your Meal: Applesauce Cups 100% Fruit Juice 1% White or Flavored 1% Milk	Complete your Meal: Pouch of Craisins 100% Fruit Juice 1% White or Flavored 1% Milk	Complete your Meal: Fresh Banana 100% Fruit Juice 1% White or 1% Flavored Milk	Complete your Meal: Fresh Apple 100% Fruit Juice 1% White or Flavored 1% Milk	Complete your Meal: Boxed Raisins 100% Fruit Juice 1% White or Flavored 1% Milk
Grab N Go: Cinni Mini Bagel	Grab N Go: Breakfast Burrito W/Salsa	Grab N Go: Breakfast Pocket	Grab N Go: French Toast Sticks	Grab N Go: Pancake on a Stick W/Syrup



Go to 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?

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cinni Mini Bagels Applesauce Cup	2 Lucky Charms Cereal Bar Tangerine	3 Strawberry Chex Mix String Cheese Raisins
6 Strawberry Poptart Bagged Grapes	7 Strawberry Banana Smoothie Scooby Grahams Peach Cup	8 Chocolate Muffin Cheese Cubes Fresh Banana	9 French Toast Bar Mandarin Orange	10 Bug Bite Grahams Sunflower Seeds Fresh Apple
13 Cereal Bar Tangerine	14 Soft Filled Cinnamon Toast Crunch Bar Bagged Grapes	15 Nutrigrain Bar Cheese Cubes Apple Slices	16 Yogurt Cup-Blueberry Muffin Applesauce Cup	17 NO SCHOOL
20 NO SCHOOL	22 Cinnamon Giant Goldfish Cracker Pear Cup	23 Poptart Fresh Apple	24 Cinnamon UBR Bar Fresh Banana	25 Rice Krispie Cereal Bar Apple Slices
27 Cereal Bowl Mandarin Cup	28 Poptart Fresh Apple	29 Chocolate Chip Oatmeal Bar Peach Cup	Colby Jack Cheese Cubes Cheez It Crackers Craisins	31 Yogurt Cup Jungle Crackers Apple Slices

Montabella BIC Elementary

Breakfast Free to All Students

Fresh Fruit & 100% Fruit Juice Offered Daily

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

Or Email

lhicks@montabella.com



What's on the Menu?

October 2025 Lunch
Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 A. Tator Tot Casserole -Roll B. Ham & Cheese Sub Green Beans	2 A. Hot Dog on a Bun B. Hamburger Baked Beans	3 A. Cheese Pizza B. PB&J Uncrustable Broccoli
6 A. Pancakes W/Sausage B. Grilled Cheese Tator Tots	7 A. Nachos B. Turkey Sandwich Seasoned Corn	8 A. Beef Stroganoff & Roll B. Pizza Crunchers Mixed Vegetables	9 A. Chicken Tenders - Roll B. Pancakes on a Stick French Fries	10 A. Pepperoni Pizza B. Cheeseburger on a Bun Carrots
13 A. Biscuits & Sausage Gravy B. Chicken Ranch Wrap Smile Fries	14 A. Popcorn Chicken-Roll B. Riblet Sandwich French Fries	15 A. Lasagna Roll Ups B. Fruited Yogurt Parfait Corn	16 A. Chicken Sandwich B. Fish Sticks-Roll Smile Fries	17 NO SCHOOL
20 NO SCHOOL	21 A. Cheeseburger B. Boneless Chicken Wrap Cheesy Potatoes	22 A. Rotini W/Meat Sauce B. Breakfast Pizza W/Muffin Seasoned Peas	23 A. Walking Taco's B. Turkey - Cheese Ranch Wrap Seasoned Corn	24 A. Pepperoni Pizza B. Ham & Cheese on a Bun Green Beans
27 A. Waffles - Sausages B. Italian Cheese Pull Aparts Tator Tot	28 A. Mexican Pizza B. Sloppy Joe Broccoli	29 A. Pizza Pasta Casserole B. Hamburger Carrots	30 A. Mini Corn Dogs B. Pizza Burger Smile Fries	31 A. French Bread Pizza B. Hot Dog Mixed Veggies

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

**extra.
extra**

Weekly Rotating Choices:
Fresh Lettuce W/Spinach
Grape Tomatoes
Radishes
Baked Beans
Baby Carrots
Sliced Cucumbers
Green Pepper Slices
Broccoli Florets
Cauliflower Florets
Celery Sticks
Green Pepper Slices
Whole Apples
Fresh Oranges
Fresh Pears
Sliced Apples
Green Grapes
Diced Peaches
Bananas
Diced Pears
Mixed Fruit
Applesauce Pouch

**2-3-4-5th Grade Weekly
Rotating Options:
Parfaits
Pizza/Burgers/Chicken/
Deli Subs/Wraps/Salads**