








Montabella **JR/SR** September 1st -5th 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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	NO SCHOOL	Fiesta Bowl Fajita Chicken or Taco Meat Sliced Peppers Black Beans, Corn, Rice Queso Cheese, Tortilla Chips Chips, Salsa	Tater Tot Casserole Seasoned Corn Mixed Vegetable Homemade Corn Bread	Spaghetti & Meatballs Green Beans Garlic Bosco Stick	Chicken Tenders Seasoned Waffle Fries Glazed Carrots Garlic Breadstick
	Cheeseburger on a Bun Spicy Chicken Sandwich Mustang Chicken Sandwich	Sloppy Joe /Chips Spicy Chicken Sandwich BBQ Wings/Roll W/Tater Tots & Cheez Its	Chicken Sandwich BBQ Riblet Sandwich Cheeseburger on Pretzel Bun W/Tater Tots	Cheeseburger on Bun Spicy Chicken on a Bun Popcorn Chicken Bites W/Tots & Roll	Spicy Chicken Sandwich Chicken Sandwich Meatball Sub
	Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust , Also our Sub Station				
	Ham & Bacon	Chicken Bacon Ranch Pizza	Meatlovers Pizza	Pepperoni Calzone	BLT Pizza
	Fruited Yogurt Parfait Chef Salad Uncrustable Sandwich Chicken Wrap	Fruited Yogurt Parfait Chef Salad or Fruit & Cheese Platter Uncrustable Sandwich Italian Sub	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 BLT Wrap
	Spinach Blend Lettuce Baby Carrots Grape Tomato Mandarin Oranges Fresh Apple	Spinach Blend Lettuce Baby Carrots Sliced Peppers Sliced Apples Fresh Orange	Spinach Blend Lettuce Baby Carrots Sliced Cucumbers Applesauce Cups Fresh Banana	Spinach Blend Lettuce Baby Carrots Cottage Cheese Cinnamon Bananas Sliced Strawberries	Spinach Blend Lettuce Baby Carrots Broccoli Florets Rosey Applesauce Fresh Pear

**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: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 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?

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Cocoa Puff Bar Apple Slices	3 Cinni Mini Bagels Applesauce Cup	4 Lucky Charms Cereal Bar Tangerine	5 Strawberry Chex Mix String Cheese Raisins
8 Strawberry Poptart Bagged Grapes	9 Strawberry Banana Smoothie Scooby Grahams Peach Cup	10 Chocolate Muffin Cheese Cubes Fresh Banana	11 French Toast Bar Mandarin Orange	12 Bug Bite Grahams Sunflower Seeds Fresh Apple
15 Cereal Bar Tangerine	16 Soft Filled Cinnamon Toast Crunch Bar Bagged Grapes	17 Nutrigrain Bar Cheese Cubes Apple Slices	18 Yogurt Cup-Blueberry Muffin Applesauce Cup	19 Chocolate Chip Oatmeal Bar Peach Cup
22 Colby Jack Cheese Stick Cheez It Crackers Craisins	23 Cinnamon Giant Goldfish Cracker Pear Cup	24 NO SCHOOL	25 UBR Bar Fresh Banana	26 Cheerio Cereal Bar Applesauce Cup
29 Cereal Kit Mandarin Cup	30 Poptart Fresh Apple			

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



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?

September 2025
Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 A. A.Popcorn Chicken W/Roll B. B.Riblet Sandwich French Fries	3 A. Spaghetti W/Garlic Bread B. Fruited Yogurt Parfait Seasoned Corn	4 A. Chicken Sandwich B. Fish Sticks W/Roll Curly Fries	5 A.Bosco Sticks W/Sauce B. Chef Salad W/Muffin Broccoli
8 A. French Toast W/Sausage B. Tuna Sandwich Hashbrown	9 A. Cheeseburger B. Boneless Chicken Wings W/Roll Cheesy Potatoes	10 A. Chicken & Noodles W/Gravy & Roll B. Breakfast Pizza With Muffin Peas	11 A. Walking Taco B. Turkey Ranch & Cheese Wrap Corn	12 A. Pepperoni Pizza B. Ham & Cheese on a Bun Green Beans
15 A. Waffle & Sausage B. Fish Sandwich Tater Tots	16 A. Mexican Pizza B. Sloppy Joe Cheesy Broccoli	17 A. Orange Chicken Chinese Meal B. Hamburger Carrots	18 A. Mini Corn Dogs B. Pizza Burger Smile Fries	19 A. French Bread Pizza B. Hot Dog on a Bun Mixed Vegetable
22 A. Scrambled Eggs- Biscuit-Sausage B. Corn Dog W/Cheez Its Hashbrown	23 A. Chicken Drumstick W/Roll B. Ham & Cheese Wrap Mashed Potatoes/Gravy	24 NO SCHOOL	25 A. Beef Taco's B. Egg Salad Sandwich Refried Beans	26 A. Ham & Pepperoni Pizza B. Bacon Cheeseburger Corn
29 A. Cheese Omelet W/Biscuit B. Chicken Crispito Smile Fries	30 A. Chicken Nuggets W/Roll B. Pizza Calzone Spiral Fries			

**extra.
extra**

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

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

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