



## Montabella **JR/SR** January 12-16th 2026 Lunch Menu

Student Lunch Free -Purchased Milk \$.60

A full student lunch includes a choice of entrée supplying protein and grain, 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 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
<b>create</b>	Pancakes Sausage Patties Tater Tots Juice Syrup Packet	Orange Chicken Fried Rice Egg Roll Asian Vegetables Fortune Cookies	Fiesta Bowl Chicken Fajita-Taco Meat Black Beans-Corn -Sauted Peppers-Rice Gaucamole Tortilla Chips Queso Cheese	Chicken Parmesan over Noodles Season Broccoli Dinner Roll	Chili Dog French Fries Seasoned Corn
<b>FLAME</b>	Cheeseburger on a Bun Spicy Chicken Sandwich Chicken Sandwich W/Tots	Bacon Cheeseburger Spicy Chicken Sandwich Cheeseburger W/Tots	Chicken Sandwich Cowboy Burger/Tots Mini Corn Dog W/Tots	Spicy Chicken Sandwich Mozzarella Sticks W/Sauce Cheeseburger W/Tots	Grilled Chicken Honey Dijon Chicken Sandwich Cheeseburger W/Tots
<b>2-mato</b>	<b>Available Daily: Pepperoni &amp; Cheese Pizza on Whole Grain Crust , Also our Sub Station</b>				
<b>ON THE GO</b>	Pizza Crunchers Chef Salad Uncrustable Sandwich <b>Chicken Wrap</b>	Pepperoni Calzone Chef Salad or Honey Dijon Grilled Chicken Salad <b>Turkey on Pretzel</b>	Chicken Bacon Ranch Chef Salad or Caesar Salad Uncrustable Sandwich <b>Chicken Caesar Wrap</b>	Garlic Cheesy Breadsticks W/Sauce Fruited Yogurt Parfait Chef Salad or Southwest Salad <b>Taco Wrap</b>	Taco Pizza Fruited Yogurt Parfait Chef or Spicy Chicken Salad Uncrustable Sandwich <b>Spicy Chicken Wrap</b>
<b>extra extra</b>	Spinach Blend Lettuce Baby Carrots Grape Tomato Mandarin Oranges Fresh Apple	Spinach Blend Lettuce Baby Carrots Cucumber & Tomato Salad Sliced Chilled Pears Blueberries	Spinach Blend Lettuce Baby Carrots Corn Salad Diced Peaches Fresh Banana	Spinach Blend Lettuce Baby Carrots Broccoli -Cauliflower Mango & Papyas Cups Sliced Strawberries	Spinach Blend Lettuce Baby Carrots Cottage Cheese Fruit Cocktail Frozen Sidekick

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.



# chartwells

## serving up happy & healthy

**Montabella JR/SR High School Breakfast Menu**  
2026 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 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/Muffin	<b>Choose One Entrée:</b> 1. Apple Frudel 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>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  Small Uncrustable  Muffin W/Cheese Stick	<b>Grab N Go:</b> Pancake on a Stick  Small Uncrustable  Muffin W/Cheese Stick	<b>Grab N Go:</b> Breakfast Pocket  Small Uncrustable  Muffin W/Cheese Stick	<b>Grab N Go:</b> Cherry Frudel  Small Uncrustable  Muffin W/Cheese Stick	<b>Grab N Go:</b> Breakfast Burrito W/Salsa  Small Uncrustable  Muffin W/Cheese Stick

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. Menu is Subject to change.

**This institution is an equal opportunity provider and employer**

Breakfast is served from 7:30am -8:15am in the cafeteria



# What's on the Menu?

January 2026  
Breakfast in the Classroom

Monday	Tuesday	Wednesday	Thursday	Friday	Montabella BIC Elementary
5 Strawberry Chex Mix Cheese Stick <b>Box of Raisins</b>	6 Giant Goldfish Crackers, String Cheese <b>Peach Cup</b> <b>100% Fruit Juice</b>	7 Bowl of Lucky Charms Cereal <b>Fresh Tangerine</b> <b>100% Fruit Juice</b>	8 French Toast Bar <b>Fresh Banana</b> <b>100% Fruit Juice</b>	9 Breakfast Egg Bagel <b>Apple Slices</b> <b>100% Fruit Juice</b>	<b>Breakfast Free to All Students-7:30am-8:15am in the Classroom</b>
12 Cereal Bowl <b>Mandarin Orange Cup</b> <b>100% Fruit Juice</b>	13 Pop Tart <b>Bagged Grapes</b> <b>100% Fruit Juice</b>	14 Chocolate Muffin Cheese Cubes <b>Peach Cup</b> <b>100% Fruit Juice</b>	15 Banana Chunk Bar <b>Applesauce Cup</b> <b>100% Fruit Juice</b>	16 Cinni Mini's <b>Applesauce Cup</b> <b>100% Fruit Juice</b>	<b>100% Fruit Juice Offered Daily</b>
19 Gogurt Tube Apple-Cinn Muffin <b>Bagged Apples</b> <b>100% Fruit Juice</b>	20 Apple Frudel <b>Cherry Craisins</b> <b>100% Fruit Juice</b>	21 <b>NO SCHOOL</b>	22 Chocolate Croissant <b>Pear Cup</b> <b>100% Fruit Juice</b>	23 Cinnamon Toast Crunch Soft Bar <b>Mandarin Orange Cup</b> <b>100% Fruit Juice</b>	<b>Questions? Please call Lisa Hicks at 989-427-5149 ex 660 Or Email <a href="mailto:lhicks@montabella.com">lhicks@montabella.com</a></b>
26 Cereal Bowl <b>Box of Raisins</b>	27 Banana Muffin Cheese Stick <b>Fresh Apple</b>	28 Poptart <b>Apple Slices</b>	29 Cereal Bar <b>Peach Cup</b>	30 Breakfast Burrito <b>Applesauce Cup</b>	

All meals served with 1% milk or 1% chocolate milk

# What's on the Menu?

January 2026 Lunch  
Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SCHOOL	2 NO SCHOOL
5 A. Pancakes- Sausage B. Grilled Cheese  TATER TOTS	6 A. Chicken Nuggets B. Pizza Pocket  French Fries	7 A. White Cheddar Mac & Cheese B. Mini Corn Dogs  Green Beans	8 A. Hot Dog B. Hamburger  Onion Rings	9 A. Bosco Sticks B. PB & J Sandwich  Broccoli
12 A. Mini Waffles B. Fruited Parfait  Hash Brown	13 A. Beef Nachos B. Chicken Crispito  Refried Beans	14 A. Beef Stroganoff B. Pizza Crunchers  Seasoned Peas	15 A. Chicken Tenders B. Pancake on a Stick  Smile Fries	16 A. Pepperoni Pizza B. Cheeseburger  Carrots
19 A. French Toast B. Tuna Salad  Tater Tots	20 A. Beef Taco's B. Egg Salad  Carrots	21 NO SCHOOL	22 A. Chicken Sandwich B. Fish Sticks  Curly Fries	23 A. Bosco Sticks B. Ham & Cheese on a Bun  Broccoli
26 A. Cheesey Omelet Biscuit B. Cheesy Italian Pull Apart  Hashbrown	27 A. Popcorn Chicken B. BBQ Riblet  Cheesy Potatoes	28 A. Breaded Chicken Drumstick B. Turkey Wrap Mashed Potatoes/Gravy	29 A. Walking Taco B. Boneless Wings  Cheesy Refried Beans	30 A. Cheese Pizza B. Bacon Cheeseburger Baked Beans



Weekly Rotating  
Choices:

Fresh Lettuce W/Spinach-Daily  
Baby Carrots-Daily  
Grape Tomatoes -Daily  
Radishes- Mon  
Baked Beans-Tues  
Green Pepper Slices- Wed  
Cauliflower Florets-Thurs  
Celery Sticks-Fri  
Corn Salad- Tues  
Whole Apples  
Fresh Oranges  
Fresh Strawberries  
Purple Grapes  
Fresh Banana  
Diced Peaches  
Diced Pears  
Mixed Fruit  
Cinnamon Apples  
Mandarin Oranges

2-3-4-5<sup>th</sup> Grade Daily  
Options:

Mon: Wrap, Cheeseburger  
Tues: Chef Salad, Chicken  
Sandwich  
Wed :Cheese Pull Aparts,  
Homemade Lunchable  
Thurs: Spicy Chicken  
Sandwich ,Yogurt Parfait  
Friday: BBQ Chicken Wings,  
Grilled Cheese

Pizza & PBJ Available Daily