

# Montrose Middle School

April 1st - 5th 2024

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Breakfast Entree's

*Cereal or Muffin offered daily*

*Fruit, Juice & Milk offered Daily*



<b>MONDAY</b>	Breakfast Sandwich, French Toast, Donuts, Pop-Tarts or Parfait
<b>TUESDAY</b>	Breakfast Burrito, Waffles, Donuts, Pop-Tarts, Parfait & Muffin
<b>WEDNESDAY</b>	Breakfast Pizza, Strudel, Bagels, Pop-Tarts, Parfait or Donuts
<b>THURSDAY</b>	Biscuit & Gravy, Pancake, Pop tarts, Parfait, Muffin or Donuts
<b>FRIDAY</b>	Breakfast Sandwich, Pop-Tart, Donuts, Muffin, Parfait, Cinnamon Roll

## A Variety of Favorites

*Served with Fruit & Veggies*



<b>MONDAY</b>	Pancakes or Waffles, Scrambled Eggs, Sausage & Tots
<b>TUESDAY</b>	Teriyaki Chicken, Steamed Brown Rice & Roasted Broccoli
<b>WEDNESDAY</b>	Baked Penne Pasta, Green Beans & Breadstick
<b>THURSDAY</b>	Beef & Cheese Nachos with Black Beans
<b>FRIDAY</b>	Three Cheese Flatbread Pizza & Salad



## Daily Special/Everyday

*Ch-burger, Crispy Chicken or Spicy Chicken*

*Baked Fries or Tots offered Daily*

<b>MONDAY</b>	Grilled Cheese or Pizza Burger
<b>TUESDAY</b>	Italian Meatball Sub or Grilled Chicken Sandwich
<b>WEDNESDAY</b>	Corn Dog or Hot Dog
<b>THURSDAY</b>	Bacon Cheeseburger or Taco Burger
<b>FRIDAY</b>	BBQ Chicken Sandwich or The Parmesan Chicken Burger



## Cheese & Pepperoni Pizza

*Mozzarella Breadstick Offered Daily*

<b>MONDAY</b>	Italian Sausage Pizza
<b>TUESDAY</b>	Buffalo Chicken Pizza
<b>WEDNESDAY</b>	Supreme Pizza
<b>THURSDAY</b>	Chicken Bacon Ranch Pizza
<b>FRIDAY</b>	Meat Lovers Pizza



## Grab N Go Cold Entrees

*Daily Option: Sub, Wrap, & Salads*

*Fruit & Veggies offered Daily*

<b>MONDAY</b>	Chef Salad, Turkey & Cheese Sub, Uncrustable or Turkey Bacon Wrap
<b>TUESDAY</b>	Garden Salad or BBQ Chicken Salad, Combo Sub, Caesar Chicken Wrap, Uncrustable or Parfait
<b>WEDNESDAY</b>	Buffalo Wrap or Chicken Bacon Ranch Wrap, Crispy Chicken Salad, Italian Sub, Parfait or Uncrustable
<b>THURSDAY</b>	Turkey & Cheese Sub, Crispy Chicken Wrap, Uncrustable, Parfait, Chicken Caesar or Buffalo Chicken Salad
<b>FRIDAY</b>	Fiesta Garden Salad, Combo Sub, Chicken Caesar Wrap, Uncrustable, or Parfait

*This institution is an equal opportunity provider.*



Nutrition Information is available upon request.

# Montrose Middle School

April 8th - 12th 2024

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Breakfast Entree's

*Cereal or Muffin offered daily*

*Fruit, Juice & Milk offered Daily*



<b>MONDAY</b>	Breakfast Sandwich, French Toast, Donuts, Pop-Tarts or Parfait
<b>TUESDAY</b>	Breakfast Burrito, Waffles, Donuts, Pop-Tarts, Scone, Parfait & Muffin
<b>WEDNESDAY</b>	Breakfast Pizza, Uber Bar, Strudel, Bagels, Pop-Tarts, Parfait or Donuts
<b>THURSDAY</b>	Biscuit & Gravy, Pancake, Bagel, Pop tarts, Parfait, Muffin or Donuts
<b>FRIDAY</b>	Breakfast Sandwich, Pop-Tart, Donuts, Muffin, Parfait, Cinnamon Roll

## A Variety of Favorites

*Served with Fruit & Veggies*



<b>MONDAY</b>	Chicken Tenders, Fries & Garlic knot
<b>TUESDAY</b>	Beef Enchilada Bake, Rice & Black Beans
<b>WEDNESDAY</b>	Popcorn Chicken Bowl & Dinner Roll
<b>THURSDAY</b>	Spaghetti with Meatballs & Green Beans
<b>FRIDAY</b>	Orange Chicken, Brown Rice & Broccoli



## Daily Special/Everyday

*Ch-burger, Crispy Chicken or Spicy Chicken*

*Baked Fries or Tots offered Daily*

<b>MONDAY</b>	Grilled Cheese or Pizza Burger
<b>TUESDAY</b>	Italian Meatball Sub or Grilled Chicken Sandwich
<b>WEDNESDAY</b>	Corn Dog or Hot Dog
<b>THURSDAY</b>	Bacon Cheeseburger or Taco Burger
<b>FRIDAY</b>	BBQ Chicken Sandwich or The Parmesan Chicken Burger



## Cheese & Pepperoni Pizza

*Mozzarella Breadstick Offered Daily*

<b>MONDAY</b>	Italian Sausage Pizza
<b>TUESDAY</b>	Buffalo Chicken Pizza
<b>WEDNESDAY</b>	Supreme Pizza
<b>THURSDAY</b>	Chicken Bacon Ranch Pizza
<b>FRIDAY</b>	Meat Lovers Pizza



## Grab N Go Cold Entrees

*Daily Option: Sub, Wrap, & Salads*

*Fruit & Veggies offered Daily*

<b>MONDAY</b>	Chef Salad, Turkey & Cheese Sub, Uncrustable or Turkey Bacon Wrap
<b>TUESDAY</b>	Garden Salad or BBQ Chicken Salad, Combo Sub, Caesar Chicken Wrap, Uncrustable or Parfait
<b>WEDNESDAY</b>	Buffalo Wrap or Chicken Bacon Ranch Wrap, Crispy Chicken Salad, Italian Sub, Parfait or Uncrustable
<b>THURSDAY</b>	Turkey & Cheese Sub, Crispy Chicken Wrap, Uncrustable, Parfait, Chicken Caesar or Buffalo Chicken Salad
<b>FRIDAY</b>	Fiesta Garden Salad, Combo Sub, Chicken Caesar Wrap, Uncrustable, or Parfait

*This institution is an equal opportunity provider.*



Nutrition Information is available upon request.



# Montrose Middle School

April 22nd - 26th 2024

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Breakfast Entree's

*Cereal or Muffin offered daily*

*Fruit, Juice & Milk offered Daily*



<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	Breakfast Burrito, Biscuit & Gravy, Donuts, Pop-Tarts, Scone, Parfait & Muffin
<b>WEDNESDAY</b>	Breakfast Pizza, Uber Bar, Strudel, Bagels, Pop-Tarts, Parfait or Donuts
<b>THURSDAY</b>	Breakfast Sandwich, Pancake, Bagel, Pop tarts, Parfait, Muffin or Donuts
<b>FRIDAY</b>	Breakfast Tacos, Pop-Tart, Donuts, Muffin, Uber Bar, Parfait, Cinnamon Roll

## A Variety of Favorites

*Served with Fruit & Veggies*



<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	Mac. & Cheese, Chicken Nuggets & Dinner Roll
<b>WEDNESDAY</b>	BBQ Chicken, Baked Beans & Breadstick
<b>THURSDAY</b>	Chicken Alfredo, Green Beans & Garlic knot
<b>FRIDAY</b>	Chili Frito Pie



## Daily Special/Everyday

*Ch-burger, Crispy Chicken or Spicy Chicken*

*Baked Fries or Tots offered Daily*

<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	Italian Meatball Sub or Grilled Chicken Sandwich
<b>WEDNESDAY</b>	Corn Dog or Hot Dog
<b>THURSDAY</b>	Bacon Cheeseburger or Taco Burger
<b>FRIDAY</b>	BBQ Chicken Sandwich or The Parmesan Chicken Burger



## Cheese & Pepperoni Pizza

*Mozzarella Breadstick Offered Daily*

<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	Buffalo Chicken Pizza
<b>WEDNESDAY</b>	Supreme Pizza
<b>THURSDAY</b>	Chicken Bacon Ranch Pizza
<b>FRIDAY</b>	Meat Lovers Pizza



## Grab N Go Cold Entrees

*Daily Option: Sub, Wrap, & Salads*

*Fruit & Veggies offered Daily*

<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	Garden Salad or BBQ Chicken Salad, Combo Sub, Caesar Chicken Wrap, Uncrustable or Parfait
<b>WEDNESDAY</b>	Buffalo Wrap or Chicken Bacon Ranch Wrap, Crispy Chicken Salad, Italian Sub, Parfait or Uncrustable
<b>THURSDAY</b>	Turkey & Cheese Sub, Crispy Chicken Wrap, Uncrustable, Parfait, Chicken Caesar or Buffalo Chicken Salad
<b>FRIDAY</b>	Fiesta Garden Salad, Combo Sub, Chicken Caesar Wrap, Uncrustable, or Parfait

*This institution is an equal  
opportunity provider.*



Nutrition Information is available upon request.

# Montrose Middle School

April 29th - May 3rd 2024

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Breakfast Entree's

*Cereal or Muffin offered daily*

*Fruit, Juice & Milk offered Daily*



<b>MONDAY</b>	Breakfast Sandwich, Pancake, Donuts, Pop-Tarts or Parfait
<b>TUESDAY</b>	Breakfast Burrito, Waffles, Donuts, Pop-Tarts, Scone, Parfait & Muffin
<b>WEDNESDAY</b>	Breakfast Pizza, Uber Bar, Strudel, Bagels, Pop-Tarts, Parfait or Donuts
<b>THURSDAY</b>	Biscuit & Gravy, Bagel, Pop tarts, French Toast, Parfait, Muffin or Donuts
<b>FRIDAY</b>	Breakfast Sandwich, Pop-Tart, Donuts, Muffin, Parfait, Cinnamon Roll

## A Variety of Favorites

*Served with Fruit & Veggies*



<b>MONDAY</b>	Beefy Totchos
<b>TUESDAY</b>	Pulled Pork Sandwich, Baked Beans & Fries
<b>WEDNESDAY</b>	Chicken Tacos & Refried Beans
<b>THURSDAY</b>	Mac. & Cheese with Dinner Roll
<b>FRIDAY</b>	Chicken Fried Rice & Broccoli



## Daily Special/Everyday

*Ch-burger, Crispy Chicken or Spicy Chicken*

*Baked Fries or Tots offered Daily*

<b>MONDAY</b>	Grilled Cheese or Pizza Burger
<b>TUESDAY</b>	Italian Meatball Sub or Grilled Chicken Sandwich
<b>WEDNESDAY</b>	Corn Dog or Hot Dog
<b>THURSDAY</b>	Bacon Cheeseburger or Taco Burger
<b>FRIDAY</b>	BBQ Chicken Sandwich or The Parmesan Chicken Burger



## Cheese & Pepperoni Pizza

*Mozzarella Breadstick Offered Daily*

<b>MONDAY</b>	Italian Sausage Pizza
<b>TUESDAY</b>	Buffalo Chicken Pizza
<b>WEDNESDAY</b>	Supreme Pizza
<b>THURSDAY</b>	Chicken Bacon Ranch Pizza
<b>FRIDAY</b>	Meat Lovers Pizza



## Grab N Go Cold Entrees

*Daily Option: Sub, Wrap, & Salads*

*Fruit & Veggies offered Daily*

<b>MONDAY</b>	Chef Salad, Turkey & Cheese Sub, Uncrustable or Turkey Bacon Wrap
<b>TUESDAY</b>	Garden Salad or BBQ Chicken Salad, Combo Sub, Caesar Chicken Wrap, Uncrustable or Parfait
<b>WEDNESDAY</b>	Buffalo Wrap or Chicken Bacon Ranch Wrap, Crispy Chicken Salad, Italian Sub, Parfait or Uncrustable
<b>THURSDAY</b>	Turkey & Cheese Sub, Crispy Chicken Wrap, Uncrustable, Parfait, Chicken Caesar or Buffalo Chicken Salad
<b>FRIDAY</b>	Fiesta Garden Salad, Combo Sub, Chicken Caesar Wrap, Uncrustable, or Parfait

*This institution is an equal opportunity provider.*



Nutrition Information is available upon request.