

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



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

A Variety of Favorites

Served with Fruit & Veggies



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

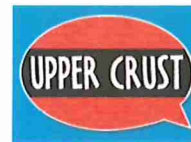


Daily Special/Everyday

Ch-burger, Crispy Chicken or Spicy Chicken

Baked Fries or Tots offered Daily

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



Cheese & Pepperoni Pizza

Mozzarella Breadstick Offered Daily

- MONDAY** Italian Sausage Pizza
- TUESDAY** Buffalo Chicken Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Chicken Bacon Ranch Pizza
- FRIDAY** Meat Lovers Pizza



Grab N Go Cold Entrees

Daily Option: Sub, Wrap, & Salads

Fruit & Veggies offered Daily

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

This institution is an equal opportunity provider.



Montrose Middle School

May 6th - 10th 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



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

A Variety of Favorites

Served with Fruit & Veggies



- MONDAY** Pancakes or Waffles, Scrambled Eggs, Sausage & Tots
- TUESDAY** Teriyaki Chicken, Steamed Brown Rice & Roasted Broccoli
- WEDNESDAY** Baked Penne Pasta, Green Beans & Breadstick
- THURSDAY** Beef & Cheese Nachos with Black Beans
- FRIDAY** French Dip Sandwich & Salad



Daily Special/Everyday

Ch-burger, Crispy Chicken or Spicy Chicken

Baked Fries or Tots offered Daily

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



Cheese & Pepperoni Pizza

Mozzarella Breadstick Offered Daily

- MONDAY** Italian Sausage Pizza
- TUESDAY** Buffalo Chicken Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Chicken Bacon Ranch Pizza
- FRIDAY** Meat Lovers Pizza



Grab N Go Cold Entrees

Daily Option: Sub, Wrap, & Salads

Fruit & Veggies offered Daily

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

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Nutrition Information is available upon request.

Montrose Middle School

May 13th - 17th 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



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

A Variety of Favorites

Served with Fruit & Veggies



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

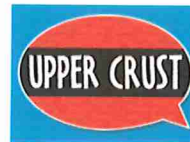


Daily Special/Everyday

Ch-burger, Crispy Chicken or Spicy Chicken

Baked Fries or Tots offered Daily

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



Cheese & Pepperoni Pizza

Mozzarella Breadstick Offered Daily

- MONDAY** Italian Sausage Pizza
- TUESDAY** Buffalo Chicken Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Chicken Bacon Ranch Pizza
- FRIDAY** Meat Lovers Pizza



Grab N Go Cold Entrees

Daily Option: Sub, Wrap, & Salads

Fruit & Veggies offered Daily

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

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Montrose Middle School

May 20th - 24th 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



MONDAY	Breakfast Sandwich, Waffles, Donuts, Pop-Tarts, Bagels or Parfait
TUESDAY	Breakfast Burrito, French Toast, Donuts, Pop-Tarts, Parfait & Muffin
WEDNESDAY	Breakfast Pizza, Strudel, Bagels, Pop-Tarts, Parfait or Donuts
THURSDAY	Biscuit & Gravy, Pancake, Pop tarts, Parfait, Muffin or Donuts
FRIDAY	NO SCHOOL

A Variety of Favorites

Served with Fruit & Veggies



MONDAY	COOKS CHOICE
TUESDAY	COOKS CHOICE
WEDNESDAY	COOKS CHOICE
THURSDAY	COOKS CHOICE
FRIDAY	NO SCHOOL



Daily Special/Everyday

Ch-burger, Crispy Chicken or Spicy Chicken

Baked Fries or Tots offered Daily

MONDAY	Grilled Cheese or Pizza Burger
TUESDAY	Italian Meatball Sub or Grilled Chicken Sandwich
WEDNESDAY	Corn Dog or Hot Dog
THURSDAY	Bacon Cheeseburger or Taco Burger
FRIDAY	NO SCHOOL



Cheese & Pepperoni Pizza

Mozzarella Breadstick Offered Daily

MONDAY	Italian Sausage Pizza
TUESDAY	Buffalo Chicken Pizza
WEDNESDAY	Supreme Pizza
THURSDAY	Chicken Bacon Ranch Pizza
FRIDAY	NO SCHOOL



Grab N Go Cold Entrees

Daily Option: Sub, Wrap, & Salads

Fruit & Veggies offered Daily

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

This institution is an equal opportunity provider.

