

# Montrose Middle School

October 2nd - 6th 2023

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 Muffins offered daily*

*Fruit, Juice & Milk offered Daily*



<b>MONDAY</b>	Breakfast Sandwich, Muffins, Parfait, Bagels, Pop-Tarts & Donuts
<b>TUESDAY</b>	Breakfast Sandwich, Parfait, Pop-Tart, Muffin or Cinnamon Roll
<b>WEDNESDAY</b>	Breakfast Pizza, Parfait, Muffin Strudels, Donuts or Bagel
<b>THURSDAY</b>	Breakfast Burrito, French Toast, Muffin, Pop tarts, Donuts or Parfait
<b>FRIDAY</b>	Breakfast Taco, Waffles, Donuts, Parfait, Scones or Pop Tarts

## A Variety of Favorites

*Served with Fruit & Veggies*



<b>MONDAY</b>	Brunch For Lunch: Waffles, Sausage, tots & Eggs
<b>TUESDAY</b>	Sweet & Sour Chicken, Steamed Rice & Broccoli
<b>WEDNESDAY</b>	Baked Penne Pasta, Green Beans & Breadstick
<b>THURSDAY</b>	Walking Tacos, Cilantro Rice & Black Beans
<b>FRIDAY</b>	Chili Frito Pie

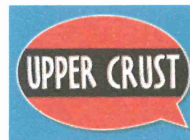


## Daily Special/Everyday

*Ch-burger, Chicken Patty, Spicy Offered Daily*

*Baked Fries or Tots offered Daily*

<b>MONDAY</b>	Grilled Cheese Sandwich
<b>TUESDAY</b>	Grilled Chicken Sandwich
<b>WEDNESDAY</b>	Corn Dog or Hot Dog
<b>THURSDAY</b>	Bacon Cheeseburger
<b>FRIDAY</b>	Parmesan Chicken Burger



## Cheese & Pepperoni Pizza

*Mozzarella Breadsticks 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*

*Chips, Fruit, & Veggies offered Daily*

<b>MONDAY</b>	Turkey & Cheese Sub, Crispy Chicken Wraps, Parfait or Chef Salads
<b>TUESDAY</b>	Combo Subs, Chicken Caesar Wraps, Parfait or Hearty Garden Salads
<b>WEDNESDAY</b>	Italian Sub, Buffalo Chicken Wrap, Parfait & Crispy Chicken Salads
<b>THURSDAY</b>	Turkey & Cheese Sub, Crispy Chicken Wrap, Parfait & Caesar Chicken Salads
<b>FRIDAY</b>	Ham & Cheese Sub, Chicken Caesar Wrap, Parfait & Fiesta Garden Salads

*This institution is an equal opportunity provider.*



Nutrition Information is available upon request.

# Montrose Middle School

## October 9th - 13th 2023

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, Waffles, Donuts, Pop-Tarts or Parfait
<b>TUESDAY</b>	French Toast, Breakfast Burrito, Donuts, Pop-Tarts, Parfait & Muffin
<b>WEDNESDAY</b>	Breakfast Pizza, Biscuit & Gravy, Bagels, Pop-Tarts, Parfait or Donuts
<b>THURSDAY</b>	Breakfast Sandwich, Pop tarts, Parfait, Donuts or Cinnamon Roll
<b>FRIDAY</b>	NO SCHOOL

### A Variety of Favorites

*Served with Fruit & Veggies*



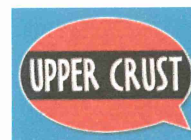
<b>MONDAY</b>	Chicken Nuggets, Breadstick & Fries
<b>TUESDAY</b>	Chicken Enchilada, Cilantro Rice, Black Beans with Salsa & Sour Cream
<b>WEDNESDAY</b>	Popcorn Chicken Bowl & Dinner Roll
<b>THURSDAY</b>	Spaghetti with Meatballs & Parmesan Green Beans
<b>FRIDAY</b>	NO SCHOOL



**Daily Special/Everyday**  
*Ch-burger, Crispy Chicken or Spicy Chicken*

*Baked Fries or Tots offered Daily*

<b>MONDAY</b>	Grilled Cheese
<b>TUESDAY</b>	Italian Meatball Sub
<b>WEDNESDAY</b>	Corn Dog or Hot Dog
<b>THURSDAY</b>	Bacon Cheeseburger
<b>FRIDAY</b>	NO SCHOOL



**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>	NO SCHOOL



**Grab N Go Cold Entrees**

*Daily Option: Sub, Wrap, & Salads*

*Fruit & Veggies offered Daily*

<b>MONDAY</b>	Fiesta Dip Box, Chef Salad, Turkey & Cheese Sub or Crispy Chicken Wrap
<b>TUESDAY</b>	Garden Salad, Combo Sub, Caesar Chicken Wrap or Uncrustable
<b>WEDNESDAY</b>	Buffalo Wrap, Crispy Chicken Salad, Italian Sub or Uncrustable
<b>THURSDAY</b>	Turkey & Cheese Sub, Crispy Chicken Wrap, Uncrustable or Chicken Caesar Salads
<b>FRIDAY</b>	NO SCHOOL

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opportunity provider.*



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