

# October 2024

## BREAKFAST

### Monday

Breakfast Pizza  
Or Cereal Kit, &  
Whole Fruit & Milk

### Tuesday

Mini Pancakes  
Apple Slices &  
Milk

### Wednesday

Breakfast Parfait  
Whole Fruit &  
Milk

### Thursday

Belgian Waffle  
Banana &  
Milk

### Friday

Sausage, Egg & Cheese  
Muffin, Fruit &  
Milk

Bagel, Muffins, Cereal kits, Cereal Bars, Graham Crackers, String Cheese, Yogurt, Parfaits, Whole Grain Donuts & Pop tarts are offered daily as alternate choices. Fruit offerings will be alternated based on availability.

**Cafeteria is open 7:15 AM- 7:45 AM \* Breakfast in the classroom for grades 4-6**

### **Breakfast Meal Deal**

- (1) Entrée Choice
- (1) Fruit or Fruit Juice
- (1) Low-Fat or Fat Free Milk (8oz)



### **Lunch Meal Deal**

- (1) Entrée Choice (bread & protein)
- (1) Fruit Choice
- (1) Vegetable Choice
- (1) Low-Fat or Fat Free Milk (8oz)

### *HS/MS Cafe*

### Classics ~ Line 3

### Classics ~ Line 2

#### *Daily Choices Include:*

Your Entrée, Bread, Vegetable, Fruit & Milk

#### Monday

Mini Pancakes, Hash Brown, Sausage Links, & Baby Carrots

#### Tuesday

Rotini Pasta & Meat Sauce & Garlic Bread, Steamed Broccoli

#### Wednesday

Macaroni & Cheese  
Steamed Green Beans

#### Thursday

Baked Popcorn Chicken & Mashed Potatoes

#### Friday

Pepperoni Pizza & Steamed Vegetables

#### *Daily Choices Include:*

Your Choice of Entrée, Bread, Vegetable, Fruit & Milk

#### Monday

Create your own Salad from our Salad Bar

#### Tuesday

Rotini Pasta with Meat Sauce, Garlic Bread, Steamed Carrots

#### Wednesday

Create your own Mexican Salad or Taco Bowl, Refried Beans

#### Thursday

Baked Popcorn Chicken & Mashed Potatoes

#### Friday

Pepperoni Pizza & Steamed Vegetables

### Deli ~ Line 4

#### *Daily Choices Include:*

Variety of Entrée & Bread Choices, Vegetable, Fruit & Milk

#### Monday

Chicken Alfredo & Breadstick

#### Tuesday

Create your own Mexican Bowl

#### Wednesday

Pepperoni Pizza  
Steamed Carrots

#### Thursday

Create your own Burger & Tater Tots

#### Friday

Create your own Walking Taco  
Refried Beans  
Steamed Veggies

### Lunch Prices

### HS/MS Café

High School Students~  
No Charging

Middle School Students ~  
No Charging

Account activity can be viewed online at <https://montrose.familyportal.cloud> free of charge. Online deposits charge a small processing fee.

\*Menu subject to change based on availability of products.

### Student Pricing

**Breakfast: Free to all students**

**Lunch: Free to all students**

**Additional Entrée \$1.50**  
**Additional Fruit & Veggie \$0.75**  
**Milk included with lunch.**  
**If purchased separately, \$0.50**

### Adult Prices

**Adult Pricing**  
**Breakfast - \$3.05**  
**Lunch - \$5.20**