

2024 OCTOBER

MONTAGUE ELEMENTARY SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast offers 1 cup fruit/vegetable, students must take at least ½ cup.
Lunch offers ½ cup fruit and ¼ cup vegetable, students must take at least ½ cup fruit/vegetable.

1 B: Oatmeal/Sausage/Fruit/Milk

CHICKEN ALFREDO
BREADSTICKS
CARROTS/PEAS
FRUIT/MILK

2 B: Muffin/HB Egg/Fruit/Milk

CHICKEN CAESAR WRAP
CHICKEN/PARM/ROMAINE
VEGGIE STICKS
FRUIT/MILK

3 B: Cereal/Cheese/Fruit/Milk

MINESTRONE SOUP
GRILLED CHEESE
SALAD
FRUIT/MILK

4 B: Breakfast Pizza/Fruit/Milk

PB & JELLY SANDWICH
CHEESE STICK
VEGGIE STICKS/DIP
FRUIT/MILK

7 B: Cereal/Yogurt/Fruit/Milk

CHICKEN TACO BOAT
BEANS/SALSA
TORTILLA CHIPS
FRUIT/MILK

8 B: Biscuits & Gravy/Fruit/Milk

SPAGHETTI
BREADSTICK
SALAD/GREEN BEANS
FRUIT/MILK

9 B: English Muffin/Fruit/Milk

CHEESEBURGER
LETTUCE/TOMATO/ONION/PICKLE
POTATO FRIES
FRUIT/MILK

10 B: Oatmeal/Sausage/Fruit/Milk

CHICKEN RICE SOUP
GRILLED CHEESE
SALAD
FRUIT/MILK

11 B: Pancakes/Fruit/Milk

HOT DOG
VEGGIE STICKS
FRUIT/MILK

14 B: Oatmeal/Sausage/Fruit/Milk

HOLIDAY
NO SCHOOL

15 B: Oatmeal/Sausage/Fruit/Milk

CHICKEN QUESADILLA
BEANS/SALSA
TORTILLA CHIPS
FRUIT/MILK

16 B: Muffin/HB Egg/Fruit/Milk

CHICKEN VEGGIE WRAP
CHICKEN/CHEESE/TOM/ROMAINE
VEGGIE STICKS
FRUIT/MILK

17 B: Cereal/Cheese/Fruit/Milk

TACO SOUP
CORN/SALSA
TORTILLA CHIPS
FRUIT/MILK

18 B: Granola/Yogurt/Fruit/Milk

HAM SANDWICH
LETTUCE/TOMATO/PICKLE
VEGGIE STICKS
FRUIT/MILK

21 B: Cereal/Yogurt/Fruit/Milk

CHICKEN BURRITO
CORN/SALSA
FRUIT/MILK

22 B: Biscuits & Gravy/Fruit/Milk

SALSBURY STEAK
MASHED POTATOES
CARROTS/ROLL
FRUIT/MILK

23 B: Toast/Egg/Fruit/Milk

BREAKFAST SANDWICH
POTATO WEDGES
BEANS
FRUIT/MILK

24 B: Oatmeal/Sausage/Fruit/Milk

BEEF VEGGIE SOUP
GRILLED CHEESE
SALAD
FRUIT/MILK

25 B: French Toast/Fruit/Milk

PIZZA
SALAD
VEGGIE STICKS
FRUIT/MILK

28 B: Bagels/Fruit/Milk

BEEF NACHOS
BEANS/SALSA
DICED VEGGIES
FRUIT/MILK

29 B: Oatmeal/Sausage/Fruit/Milk

CHICKEN TETRAZZINI
BREADSTICK
CARROTS/PEAS
FRUIT/MILK

30 B: Muffin/HB Egg/Fruit/Milk

TURKEY WRAP
TURKEY/SPINACH/C.CHEESE
VEGGIE STICKS
FRUIT/MILK

31 B: Cereal/Cheese/Fruit/Milk

CHICKEN RAMEN
SALAD
EGG ROLL
FRUIT/MILK

Special milk
(soy & lactose free only)
requests must have a signed parent
form on file.
Special meal accommodations must
have a signed medical form on file.