



Monday, Wednesday
Thursday
Bagel w/ Yogurt
& Cheese Stick

Other Daily Specials
vary throughout
the week



Daily Salad Bar
with Condiments
Today's Feature

Monday
Peas
Baby Carrots

Tuesday
Baby Carrots
Cucumber Coins

Wednesday
Baby Carrots
Garbanzo Beans

Thursday
Baby Carrots
Broccoli Buds

Friday
Baby Carrots



3					4				
						Chicken Nuggets Oven Fries Green Beans WG Roll		French Dip Sauteed Onions Tater Tots	
7		8		9		10		11	
Grilled Cheese Tomato Soup Goldfish crackers		Soft Beef Taco Mexi Corn Cinnamon Breadstick		Deli Day Potato Salad		Sweet & Sour Chicken Steamed Rice Oriental Vegetables		Alpine Swiss Burger Curly Fries	
14		15		16		17		18	
Ravioli Green Beans Cookie		Macho Nachos Tortilla Chips Refried Beans		Popcorn Chicken Bowl Seasoned Corn WG Roll		Teriyaki Dippers Steamed Rice Garlic Breadstick		Fish & Chips Confetti Coleslaw Apple Crisp	
21		22		23		24		25	
Martin Luther King Day No School		Chicken Fajita Brown Rice Mexi Corn		Chicken Nuggets Mashed Potatoes Gravy Green Beans		Pretzel w/Cheese Sauce Chicken Noodle Soup		Burger Bar Sauteed Onions Oven Fries	
28		29		30		31			
Chicken Cordon Bleu Curly Fries		Taco Salad Tortilla Chips Salsa		Chicken Alfredo Green Beans Garlic Twist		BBQ Rib Sandwich Tater Tots			

monteschools.nutrislice.com ***Check out our new website for menu information***



All pizzas made w/ reduced fat cheese
& whole grain crust. Includes daily salad bar.

Pepperoni Pizza
Cheese Pizza



Lean beef burgers w/ cheese and breaded chicken
sandwiches available daily. Includes salad bar

Daily Specials will
vary throughout the week



Fresh Food Fast- Packaged for Grab N' Go
(Salads served with a Dinner roll or Garlic Twist)

Specials

Monday Chef Salad
Tuesday Buffalo Popcorn Chicken Salad
Wednesday Taco Salad
Thursday Oriental Chicken Salad
Friday Chef Salad

Any question please call:
Food Service Director
360-391-6181

Lunch Price - \$3.20