

Montross Middle School Lunch & Breakfast Menu April 22 – May 3, 2024

Menu subject to change due to availability

MMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Week 1</i> April 22 - 26 Breakfast</p>	<p>Pop Tart Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Cereal Bar Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Breakfast Pizza Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Lemon Bread Banana Bread Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Donut Holes Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>
<p><i>Week 1</i> April 22 – 26 Lunch</p>	<p>Corn Dogs Steamed Carrots Green Beans Fresh Fruit Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Max Stick Steamed Broccoli Fresh Fruit Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Oven Roasted Turkey Mashed Potatoes Green Beans Fresh Fruit Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Barbeque Whole Grain Bun Mixed Vegetables Fresh Fruit Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Pepperoni Pizza Cheese Pizza Green Peas Fresh Fruit Fruit Cup</p> <p>Assorted 1% Milk</p>
<p><i>Week 2</i> April 29 – May 3 Breakfast</p>	<p>Cereal Bar Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>French Toast Sticks Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Pop Tarts Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Lemon Bread Zucchini Bread Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>	<p>Breakfast Pizza Fruit Juice Fruit Cup</p> <p>Assorted 1% Milk</p>
<p><i>Week 2</i> April 29 – May 3 Lunch</p>	<p>Chicken Salad Croissant Green Peas Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Hot Dog Baked Beans Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Chicken Nuggets Steamed Broccoli Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Chicken Fajita Whole Grain Wrap Cheese & Salsa Black Beans & Corn Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Pepperoni Pizza Cheese Pizza Steamed Carrots Fresh Fruit Fruit Cup Assorted 1% Milk</p>

Assorted 1% Milk served daily

The Five Meal Components for School Lunch

Meat or Meat Alternative, Grain, Fruit, Vegetable, Milk

You Choose at least 3 including ½ cup fruit or vegetable at least 2 other full components