

# North Montgomery Elementary Schools



2021-2022 School Year

Be sure and get a good start to your day with Breakfast!  
For the 2021-2022 School Year Breakfast and Lunch Meals are free to all students

## March – May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Crunch Bar Grilled or Brd. Chicken Patty Sandwich Potato Wedges Steamed Broccoli Applesauce	Super Glazed Donut or Breakfast Round Salisbury Steak Whipped Potatoes/Gravy Seasoned Corn Chilled Pears Warm Dinner Roll	Breakfast Bar & Sunflower Seeds Soft Beef Tacos Shred Lettuce/Tomatoes Salsa Refried Beans Fruit Juice	Mini Eggos Ham & Cheese Sandwich Doritos Baby Carrots & Celery Sticks Fruit Juice	Cinnamon Bun Pizza Romaine Salad Fresh Baby Carrots, Broccoli & Red Pepper Slices Apple Special
Orange	Crunch Bar Hot Dog/Coney on Bun Seasoned Potato Wedges Baked Beans Chilled Peaches	Super Glazed Donut or Breakfast Round Brd Chicken Drumstick Warm Dinner Roll Steamed Broccoli Whipped Potatoes/Gravy Applesauce	Breakfast Sandwich Toasted Cheese Sand. Romaine Salad Seasoned Green Beans Fruit Juice Doritos	Breakfast Bar & Cheese Stx Pancakes & Sausage Patty Potato Smiles Fresh Carrots & Cucumbers with Dip Fruit Cup	Cinnamon Bun Chicken Bites French Fries Steamed Carrots Sliced Bread Fresh Grapes
Green	Crunch Bar Rotini with Spaghetti Sauce Romaine Lettuce Salad Breadstick Steamed Corn Applesauce	Super Glazed Donut or Breakfast Round Beef Nachos Refried Beans Romaine Salad Cookie Fruit Juice	Banana Bread Brd Mozzarella Sticks Marinara Sauce Romaine Salad Steamed Broccoli Fresh Apple Wedges Cinnamon Grahams	Mini Eggos Turkey & Noodles Whipped Potatoes Gravy Warm Dinner Roll Seasoned Green Beans Chilled Peaches	Cinnamon Bun Brd Chicken Tenders Potato Wedges Steamed Carrots Chilled Pears Sliced Bread

**What Makes A Breakfast?**  
Select 3 of the 4 Components  
2 Grains or 1 Grain & 1 Protein  
Fruit  
Milk  
One must include a minimum of ½ Cup Fruit to count as a Breakfast Meal.

**What Makes A Lunch?**  
Select 3 of the 5 Components  
Protein  
Fruit  
Vegetable  
Grain  
Milk  
One must include a minimum of ½ Cup Fruit or Vegetable to count as a Lunch Meal.

Month	M	T	W	Th	F	April	M	T	W	Th	F	May	M	T	W	Th	F
Orange		1	2	3	4	Green	4	5	6	7	8	Blue	2	3	4	5	6
Green	7	8	9	10	11	Blue	11	12	13	14	15	Orange	9	10	11	12	13
Blue	14	15	16	17	18	Orange	18	19	20	21	22	Green	16	17	18	19	20
Orange	21	22	23	24	25	Green	25	26	27	28	29	Blue	23	24	25	26	27X
Spring Break	28X	29X	30X	31X	1X							Orange	30X	31X			

Lunch Entrée Choices include the daily entrée & peanut butter and jelly sandwich. Breakfast includes choices of fresh fruit, raisins, fruit juice & milk. **During Lent, fish is available on Fridays.**

Elementary School Food Service Contact information:  
Lester B. Sommer: Brandi Tapia (765)362-3979 ext. 232  
Pleasant Hill: Kim Fidler (765)339-4403 ext. 232  
Sugar Creek: Dee Brooks (765)794-4855 ext. 232

Food Service and Nutritional Info found at:  
<http://www.nm.k12.in.us/parent/food-services>

We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the Kitchen Supervisor prior to the meal if you have any concerns. Summer break starts May27th; have a safe and enjoyable summer!

This institution is an equal opportunity provider.