



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

North Montgomery Middle School Menu

March- May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Cinnamon Honey Bun Grilled or Brd. Chicken Patty Sand. Potato Wedges Steamed Broccoli Applesauce	Breakfast Sandwich Texas Straw Hat Shredded Lettuce Diced Tomatoes Salsa Refried Beans Fruit Juice	Cinnamon Donut Holes Chicken Tenders Au Gratin Potatoes Warm Baked Roll Seasoned Green Beans Fresh Orange Wedges	Banana Bread Totcho Bowl (Potato Tots, Shredded Pork topped with Cheese) Steamed Corn Fruit Juice Texas Toast	Sausage Biscuit Pizza Romaine Salad Baby Carrots, Broccoli, Red Pepper Strips w/Dip Apple Special Cheddar Goldfish
Orange	Cinnamon Honey Bun Hot Dog on Bun Coney Sauce Seasoned Potato Wedges Baked Beans Chilled Pears	Breakfast Sandwich Deli Sub Sandwich Sliced Cheese, Tomato, Onion, & Lettuce Doritos Seasoned Green Beans Fruit Juice & Cookie	Cinnamon Donut Holes Toasted Cheese Sand. Tomato Soup & Crackers Romaine Salad Fresh Carrots & Cucumbers with Dip Applesauce	Banana Bread Shredded BBQ Sandwich Seasoned Corn Oven Baked Fries Fruit Juice	Sausage Biscuit Beef Burrito Refried Beans Chips & Salsa Baby Carrots & Dip Chilled Peaches
Green	Cinnamon Honey Bun Rotini with Spaghetti Sauce Romaine Lettuce Salad Breadstick Steamed Corn Fresh Grapes	Breakfast Sandwich Beef Nachos Refried Beans Romaine Salad Salsa Fruit Juice Cookie	Cinnamon Donut Holes Mozzarella Cheese Sticks, Marinara Sauce Romaine Salad Steamed Broccoli Fresh Apple Wedges Cinnamon Crackers	Banana Bread Chicken Bites Whipped Potatoes/Gravy Warm Baked Roll Seasoned Green Beans Fruit Juice	Sausage Biscuit Hamburger Sandwich Sliced Cheese, Tomato, Onion, & Lettuce Oven Baked Fries Steamed Carrots Chilled Peaches

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.

March	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, deli sandwich, or fresh salad entrée bowl with crackers. Fresh fruit offered as a choice of fruit on menu.

Milk offered with lunch & breakfast.

Breakfast includes choices of fresh fruit, raisins, 100% fruit juice.

During Lent, fish is available on Fridays.

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.

North Montgomery Middle School Food Service Contact Information: Jennifer Himes (765)364-1071 ext. 634

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

Summer break starts May 27th; have a safe and enjoyable summer!

This institution is an equal opportunity provider.