

North Montgomery Elementary Schools



2022-2023 School Year

Be sure and get a good start to your day with Breakfast!
Breakfast Paid Meal Price \$1.35 Reduced Breakfast Price \$.30
Lunch Paid Meal Price \$1.90 Reduced Lunch Price \$.40
Milk \$.65

August - September - October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Banana Bread Soft Beef Tacos Shred Lettuce/Tomatoes Salsa Refried Beans Fruit Juice	Super Glazed Donut or Breakfast Round Grilled or Brd. Chicken Patty Potato Wedges Steamed Broccoli Applesauce	Sausage Biscuit Ham Sandwich Cheese Slice Potato Tots Seasoned Green Beans Fresh Grapes	Mini Eggos Salisbury Steak Whipped Potatoes/Gravy Steamed Carrots Chilled Pears Warm Dinner Roll	Cinnamon Bun Pizza Romaine Salad Baby Carrots, Broccoli, Red Pepper Strips w/Dip Apple Special
	Orange Cinnamon Pancakes Hot Dog/Coney on Bun Seasoned Potato Wedges Baked Beans Chilled Peaches	Super Glazed Donut or Breakfast Round Brd Chicken Tenders Warm Dinner Roll Seasoned Green Beans Whipped Potatoes/Gravy Applesauce	Granola Bar or Muffin & Cheese Stick Brd Mozz Sticks/Marinara Sauce, Romaine Salad Steamed Broccoli Apple Juice Goldfish Cinn Grahams	Mini Eggos Pancakes & Sausage Patty Potato Smiles Fresh Carrots & Cucumbers with Dip Berry Cup	Cinnamon Bun Chicken Bites French Fries Steamed Carrots Sliced Bread Apple Slices
	Green Banana bread Rotini with Spaghetti Sauce Romaine Salad Breadstick Fresh Baby Carrots Applesauce	Super Glazed Donut or Breakfast Round Toasted Cheese Sand. Seasoned Green Beans Fruit & Veg Blend Juice Chilled Peaches Doritos	Egg & Cheese Sandwich Beef Nachos Refried Beans Romaine Salad Watermelon Cookie	Mini Eggos Turkey & Noodles Whipped Potatoes Gravy Warm Dinner Roll Seasoned Corn Chilled Mixed Fruit	Cinnamon Bun Corndog Potato Wedges Steamed Carrots Chilled Pears Pretzels

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.

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

Lunch Entrée Choices include the daily entrée & peanut butter and jelly sandwich. Breakfast includes choices of fresh fruit, raisins, fruit juice & milk.

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

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. Nutritional Info found at:

<http://www.nm.k12.in.us/parent/food-services>