

Breakfast



Lunch Menus

Central Montcalm High School

9-12 meal pattern

Menu items subject to change without notice

Updated

4/1/2024



All students must have a 1/2 cup fruit or vegetable with their meal

Whole Fruit also available daily

BREAKFAST
Served Daily
Free to all students
9th-12th
in the cafeteria
7:10

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Donut or Cereal or Bar 100% Juice Milk	Pancakes or Fr Toast or Muffin w/Graham 100% Juice Milk	Burrito or Fruedel or Cereal or Bar 100% Juice Milk	Cinnamon Roll or Muffin w/Graham 100% Juice Milk	Breakfast Pizza or Cereal or Bar 100% Juice Milk

Serving lunch to 8th-12th grade

LUNCH
Served Daily
Free to all students
8th-12th

Salad Bar available containing fresh and canned fruits and vegetables

WEEK OF:	L	U	N	C	H
4/1/2024	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Chicken and Waffle	Calzone
4/29/2024	Mozz Sticks		Cheeseburger/Bun	Spicy Chicken/Bun	Beef Dippers/Cornbread
5/27/2024	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Stromboli Grapes Cucumber/Tomatoes	Fruit Cup Broccoli

Other Daily Choices:
Pizza
Deli Bar
Boxed Salads
PBJ/Cheese/Crackers

L	U	N	C	H	
4/8/2024	Bosco Sticks/Sauce	Popcorn Chicken/Roll	Hot Dog/Bun/Chip	Cent-Fil-A/Bun	Pizza Crunchers
5/6/2024	Meatball Sub		Cheeseburger/Bun	Spicy Chicken/Bun Stromboli	Spaghetti/Cornbread
	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Fruit Cup Broccoli

Staff \$5.05

L	U	N	C	H	
4/15/2024	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Cent-Fil-A/Bun	Calzone
5/13/2024	Ravioli/Breadtwist		Cheeseburger/Bun	Spicy Chicken/Bun Stromboli	Beef Dippers/Cornbread
	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Fruit Cup Broccoli

L	U	N	C	H	
4/22/2024	Bosco Sticks/Sauce	Popcorn Chicken/Roll	Chinese/Rice	Cent-Fil-A/Bun	Pretzel and Cheese
5/20/2024	Quesadilla		Cheeseburger/Bun	Spicy Chicken/Bun Stromboli	Pizza Crunchers
	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Fruit Cup Broccoli

FOR MORE INFORMATION OR ASSISTANCE, CALL:
Amy Main
Food Service Director
989-831-2106

Reduced fat condiments available: ranch, ketchup, bbq, mustard
Daily Choice of 1% White or Chocolate milk
We use whole grain rich products

CM Wellness Policy found at www.central-montcalm.org
This institution is an equal opportunity provider.

