

FREE BREAKFAST

AND LUNCH FOR

ALL STUDENTS



BREAKFAST

Served Daily

Free to all students
in the Cafeteria

Staff \$3.25

Central Montcalm Elementary

K-5 Meal Pattern

Menu items subject to change without notice

2025
August-October

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

Whole Fruit also available daily

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Muffin	Waffles or UBR	Cereal w/Goldfish	Mini Cinni or Bagelful	French Toast or Pancakes
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Milk	Milk	Milk	Milk	Milk

LUNCH

Served Daily

Free to all students

2nd Choice Daily:
PBJ/Cheese/Crackers

Staff \$5.50

WEEK

OF:

Salad Bar available containing fresh and canned fruits and vegetables

L	U	N	C	H
Bosco Sticks/Sauce	Chicken Nuggets	Doritos Tacos	Cheeseburger/Bun	Calzone
Applesauce	Oranges	Pineapple	Grapes	Peaches
Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli

9/8/2025

10/6/2025

L	U	N	C	H
French Toast/Sausage	Chicken Tenders	*Hot Dog/Bun	Chicken Patty/Bun	Pizza
Applesauce	Oranges	Pineapple	Banana	Pears
Celery/Carrots	French Fries	Baked Beans Romaine	Cucumber/Tomatoes	Broccoli

*8/18/2025

9/15/2025

10/13/2025

L	U	N	C	H
Macaroni & Cheese	Chicken Nuggets	Soft Shell Tacos	Cheeseburger/Bun	Pizza Crunchers
Applesauce	Oranges	Pineapple	Grapes	Peaches
Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli

8/25/2025

9/22/2025

10/20/2025

L	U	N	C	H
Mozzarella Sticks	Chicken Tenders	Corn Dog Nuggets	Chicken Patty/Bun	Pizza
Applesauce	Oranges	Pineapple	Banana	Pears
Celery/Carrots	French Fries	Baked Beans Romaine	Cucumber/Tomatoes	Broccoli

9/1/2025

9/29/2025

10/27/2025

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.