



Central Montcalm High School

9-12 meal pattern

Updated

1/1/2025

Menu items subject to change without notice

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

Whole Fruit also available daily

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
BREAKFAST Served Daily Free to all students 9th-12th in the cafeteria 7:30	Donut or Cereal or Bar	Pancakes or FrToast or Muffin w/Graham Smoothie	Burrito or Fruedel or Cereal or Bar	Cinnamon Roll or Muffin w/Graham Smoothie	Breakfast Pizza or Cereal or Bread
	100% Juice Milk	100% Juice Milk	100% Juice Milk	100% Juice Milk	100% Juice Milk

Serving lunch to 8th-12th grade

Salad Bar available containing fresh and canned fruits and vegetables

WEEK OF:	L	U	N	C	H	
LUNCH Served Daily Free to all students	1/6/2025 2/3/2025 3/3/2025	Bosco Sticks/Sauce Mozz Sticks	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Alfredo/Breadtwist Chicken Patty/Bun Stromboli	Calzone Beef Dippers/Cornbread
Other Daily Choices: Pizza Deli Bar		Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli

	L	U	N	C	H	
Boxed Salads PBJ/Cheese/Crackers Meat Stick/Cheese/Chips	1/13/2025 2/10/2025 3/10/2025	Bosco Sticks/Sauce Buffalo Cheese Mini Bites	Popcorn Chicken/Roll	Hot Dog/Bun/Chip Cheeseburger/Bun	Chicken and Waffle Chicken Patty/Bun Stromboli	Pizza Crunchers Ramen/Breadtwist
Staff \$5.15		Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Pears Broccoli

	L	U	N	C	H	
	1/20/2025 2/17/2025 3/17/2025	Bosco Sticks/Sauce Ravioli/Breadtwist	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Cent-Fil-A/Bun Spicy Chicken/Bun Stromboli	Calzone Beef Dippers/Cornbread
		Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli

	L	U	N	C	H	
	1/27/2025 2/24/2025	Bosco Sticks/Sauce Quesadilla	Popcorn Chicken/Roll	Corn Dog Nuggets Cheeseburger/Bun	Chinese/Rice Chicken Patty/Bun Stromboli	Pretzel and Cheese Pizza Crunchers
		Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Pears 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.

