

Central Montcalm High School

9-12 meal pattern

2025 August-October

Menu items subject to change without notice

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

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BREAKFAST

Served Daily

Free to all students

9th-12th

Food Service Director

Whole Fruit also available daily WEDNESDAYS **THURSDAYS MONDAYS TUESDAYS FRIDAYS** Breakfast Pizza Donut Pancakes or FrToast **Burrito or Fruedel** Cinnamon Roll or Cereal or Bar or Muffin w/Graham or Cereal or Bar or Muffin w/Graham or Cereal or Bread Smoothie Smoothie 100% Juice 100% Juice 100% Juice 100% Juice 100% Juice

Jul-Taul			Jillootilic		Jillootilic				
in the cafeteria		100% Juice	100% Juice	100% Juice	100% Juice	100% Juice			
7:30		Milk	Milk	Milk	Milk	Milk			
Staff \$3.25		Serving lunch to 8th-12th grade							
	WEEK	Salad Bar available containing fresh and canned fruits and vegetables							
LUNCH	OF:	L	U	N	С	Н			
Served Daily		Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Alfredo/Breadtwist	Calzone			
ree to all students		Mozz Sticks		Cheeseburger/Bun	Chicken Patty/Bun	Beef Dippers/Cornbread			
	9/8/2025								
	10/6/2025	Applesauce	Oranges	Pineapple	Grapes	Peaches			
ther Daily Choices:		Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli			
Pizza				Romaine		11			
Deli Bar	L	L	U Cliil /2 II	N (5 (6):	C	H H			
Boxed Salads		Bosco Sticks/Sauce	Popcorn Chicken/Roll	*Hot Dog/Bun/Chip	Chicken and Waffle	Pizza Crunchers			
PBJ/Cheese/Crackers	8/18/2025	Mac & Cheese Bites		Cheeseburger/Bun	Chicken Patty/Bun	Spaghetti/Breadstick			
eat Stick/Yogurt/Chips	9/15/2025 10/13/2025	Amplesques	Overages	Dinggraphs	Danana	Doors			
	10/13/2025	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans	Banana Cucumber/Tomatoes	Pears Broccoli			
Staff \$5.50		celety/ carrots	rotatoes	Romaine	Cucumber/Tomatoes	БГОССОП			
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		Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Cent-Fil-A/Bun	Calzone			
	8/25/2025	Ravioli/Breadtwist		Cheeseburger/Bun	Spicy Chicken/Bun	Beef Dippers/Cornbread			
	9/22/2025			-					
	10/20/2025	Applesauce	Oranges	Pineapple	Grapes	Peaches			
		Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli			
	_			Romaine					
	L	L	<u>U</u>	N N	(<u>H</u>			
		Bosco Sticks/Sauce	Popcorn Chicken/Roll	Corn Dog Nuggets	Chinese/Rice	Pretzel and Cheese			
	9/1/2025	Quesadilla		Cheeseburger/Bun	Chicken Patty/Bun	Pizza Crunchers			
	9/29/2025			D: I	_	_			
FOR MORE	10/27/2025	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans	Banana Cucumber/Tomatoes	Pears			
INFORMATION		Celety/Carrots	Polatoes	Romaine	Cucumber/ romatoes	Broccoli			
OR ASSISTANCE, CALL:				Nomanic					
Amy Main	R	educed fat condiments available: rai	nch, ketchup, bbq, mustard						
Food Condens Discours		ail Chaire (100 Mhite a Charalat			CNAVA/-II D - I' C I	Later and advantage of the			

Reduced fat condiments available: ranch, ketchup, bbq, mustard Daily Choice of 1% White or Chocolate milk

989-831-2106 We use whole grain rich products

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