



Central Montcalm High School

9-12 meal pattern

2025
August-October

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

BREAKFAST
Served Daily
Free to all students
9th-12th
in the cafeteria
7:30
Staff \$3.25

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
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

**WEEK
OF:**

Salad Bar available containing fresh and canned fruits and vegetables

L	U	N	C	H
Bosco Sticks/Sauce Mozz Sticks	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Alfredo/Breadtwist Chicken Patty/Bun	Calzone Beef Dippers/Cornbread

9/8/2025
10/6/2025

Other Daily Choices:
Pizza
Deli Bar
Boxed Salads
PBJ/Cheese/Crackers
Meat Stick/Yogurt/Chips

Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli
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L	U	N	C	H
Bosco Sticks/Sauce Mac & Cheese Bites	Popcorn Chicken/Roll	*Hot Dog/Bun/Chip Cheeseburger/Bun	Chicken and Waffle Chicken Patty/Bun	Pizza Crunchers Spaghetti/Breadstick

8/18/2025
9/15/2025
10/13/2025

Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Pears Broccoli
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L	U	N	C	H
Bosco Sticks/Sauce Ravioli/Breadtwist	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Cent-Fil-A/Bun Spicy Chicken/Bun	Calzone Beef Dippers/Cornbread

8/25/2025
9/22/2025
10/20/2025

Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli
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L	U	N	C	H
Bosco Sticks/Sauce Quesadilla	Popcorn Chicken/Roll	Corn Dog Nuggets Cheeseburger/Bun	Chinese/Rice Chicken Patty/Bun	Pretzel and Cheese Pizza Crunchers

9/1/2025
9/29/2025
10/27/2025

Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Pears Broccoli
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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.

