



# Central Montcalm Middle School

6-8 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  
6th, 7th & 8th  
in the cafeteria  
7:30  
Staff \$3.25

### MONDAYS

WG Donut Holes  
or Cereal or Bar

100% Juice  
Milk

### TUESDAYS

Pancakes or FrToast  
or Muffin w/Graham

Smoothie  
100% Juice  
Milk

### WEDNESDAYS

Burrito or Fruedel  
or Cereal or Bread

100% Juice  
Milk

### THURSDAYS

Cinnamon Roll  
or Muffin w/Graham

Smoothie  
100% Juice  
Milk

### FRIDAYS

Breakfast Pizza  
or Cereal or UBR

100% Juice  
Milk

Serving lunch to 6th & 7th grade

## WEEK

Salad Bar available containing fresh and canned fruits and vegetables

## LUNCH

Served Daily  
Free to all students  
6th & 7th grade  
Other Daily Choices:  
Pizza  
PBJ/Cheese/Crackers

9/8/2025

10/6/2025

8/18/2025

9/15/2025

10/13/2025

Staff \$5.50

### L

Bosco Sticks/Sauce

Applesauce  
Celery/Carrots

### U

Chicken Nuggets/Roll

Oranges  
Potatoes

### N

Doritos Tacos

Pineapple  
Refried Beans  
Romaine

### C

Cheeseburger/Bun

Grapes  
Cucumber/Tomatoes

### H

Calzone

Beef Dipper/Cornbread  
Peaches  
Broccoli

### L

Mozzarella Sticks/Sauce

or Boxed Salad  
Applesauce  
Celery/Carrots

### U

Chicken Tenders/Roll

Oranges  
Potatoes

### N

\*Hot Dog/Bun/Chip

Pineapple  
Baked Beans  
Romaine

### C

3 Cheese Cavatappi/Bread

Banana  
Cucumber/Tomatoes

### H

Pizza Crunchers

Pears  
Broccoli

### L

Bosco Sticks/Sauce

Applesauce  
Celery/Carrots

### U

Chicken Nuggets/Roll

Oranges  
Potatoes

### N

Soft Shell Tacos

Pineapple  
Refried Beans  
Romaine

### C

Chicken Leg/Roll

Quesadilla  
Grapes  
Cucumber/Tomatoes

### H

Pancake on Stick/Hashbrown

Peaches  
Broccoli

### L

Mac & Cheese/Beef Dippers

Applesauce  
Celery/Carrots

### U

Chicken Tenders/Roll

Oranges  
Potatoes

### N

Corn Dog Nuggets

or Boxed Salad  
Pineapple  
Baked Beans  
Romaine

### C

Chicken Patty/Bun

Banana  
Cucumber/Tomatoes

### H

Pretzel and Cheese

French Toast/Sausage  
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](http://www.central-montcalm.org)

*This institution is an equal opportunity provider.*