



Central Montcalm Elementary

K-5 Meal Pattern

Updated
8/1/2023

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Muffin 100% Juice Milk	Pancakes 100% Juice Milk	Cereal 100% Juice Milk	Fruedel or Bagelful 100% Juice Milk	French Toast 100% Juice Milk

LUNCH
Served Daily
Free to all students

2nd Choice Daily:
PBJ/Cheese/Crackers

WEEK

Salad Bar available containing fresh and canned fruits and vegetables

OF:	L	U	N	C	H
8/21/2023	Bosco Sticks/Sauce	Chicken Nuggets	Doritos Tacos	Cheeseburger/Bun	Pizza
9/18/2023	Applesauce	Oranges	Pineapple	Grapes	Fruit Cup
10/16/2023	Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli

	L	U	N	C	H
8/28/2023	Macaroni & Cheese	Chicken Tenders	Hot Dog/Bun	Chicken Patty/Bun	Pizza Crunchers
9/25/2023	Applesauce	Oranges	Pineapple	Banana	Fruit Cup
10/23/2023	Celery/Carrots	Potatoes	Baked Beans Romaine	Cucumber/Tomatoes	Broccoli

	L	U	N	C	H
9/4/2023	French Toast/Sausage	Chicken Nuggets	Soft Shell Tacos	Hamburger/Bun	Pizza
10/2/2023	Applesauce	Oranges	Pineapple	Grapes	Fruit Cup
10/30/2023	Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli

	L	U	N	C	H
9/11/2023	Pretzel and Cheese	Chicken Tenders	Corn Dog Nuggets	Chicken Patty/Bun	Pizza
10/9/2023	Applesauce	Oranges	Pineapple	Banana	Fruit Cup
	Celery/Carrots	Potatoes	Baked Beans Romaine	Cucumber/Tomatoes	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

This institution is an equal opportunity provider.