Updated
1/11/2021

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Central Montcalm Middle and High School

6-12 Meal Pattern

Menu items subject to change without notice

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

Daily Choice of 1% White or Chocolate Milk

Milk only .50

We use whole grain rich products

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Breakfast Served Daily **Free to all students** as they walk in the doors	Muffin or Pancakes 100% Juice 1% White Milk	Cereal or Cereal Bar 100% Juice 1% White Milk	Breakfast Cookie or Burrito 100% Juice 1% White Milk	Cinnamon Roll or Donut 100% Juice 1% White Milk	WG PopTart 100% Juice 1% White Milk
	Whole Fruit also available daily				
Lunch Served Daily **Free to all students** Don't forget to sign up!	L	U	N	C	H
	Doritos Tacos Fruit Cup 100% Juice-HS Cowboy Salsa Romaine Taco Sauce Chocolate Milk	Chicken Tenders/Roll Oranges 100% Juice-HS Mashed Potatoes BBQ/Butter Chocolate Milk	PBJ/Cheese Stick/Crackers Pineapple 100% Juice-HS Cucumber/Cherry Tomatoes Ranch Chocolate Milk	Bacon Cheeseburger on Bun Grapes or Banana 100% Juice-HS Baby Carrots/Celery Ranch/Ketchup Chocolate Milk	Chicken Patty on Bun Applesauce 100% Juice-HS Broccoli Dippers Ranch Chocolate Milk
Staff $4 Call 2235 or email shjeffrey by 9am HS, pick up-cafeteria MS, delivery to room	L	U	N	C	H
	Macaroni & Cheese/Beef Dippers Oranges 100% Juice-HS Baby Carrots/Celery Ranch/Mustard Chocolate Milk	Chicken Nuggets/Roll Fruit Cup 100% Juice-HS Mashed Potatoes BBQ/Butter Chocolate Milk	PBJ/Cheese Stick/Crackers Pineapple 100% Juice-HS Cucumber/Cherry Tomatoes Ranch Chocolate Milk	Bosco Sticks Grapes or Banana 100% Juice-HS Baked Beans Sauce Chocolate Milk	Calzone Applesauce 100% Juice-HS Broccoli Dippers Ranch Chocolate Milk
	L	U	N	C	H
	Soft Shell Tacos Fruit Cup 100% Juice-HS Cowboy Salsa Romaine Taco Sauce Chocolate Milk	Chicken Tenders/Roll Oranges 100% Juice-HS Mashed Potatoes BBQ/Butter Chocolate Milk	PBJ/Cheese Stick/Crackers Pineapple 100% Juice-HS Cucumber/Cherry Tomatoes Ranch Chocolate Milk	Cheeseburger on Bun Grapes or Banana 100% Juice-HS Baby Carrots/Celery Ranch/Ketchup Chocolate Milk	Pizza Crunchers Applesauce 100% Juice-HS Broccoli Dippers Ranch Chocolate Milk
FOR MORE INFORMATION OR ASSISTANCE, CALL: Amy Main Food Service Director 989-831-2106 Don't forget to fill out the required CEP form	L	U	N	C	H
	Turkey or Ham/Cheese Sub Oranges 100% Juice-HS Baby Carrots/Celery Ranch/Mustard Chocolate Milk	Chicken Nuggets/Roll Fruit Cup 100% Juice-HS Mashed Potatoes BBQ/Butter Chocolate Milk	PBJ/Cheese Stick/Crackers Pineapple 100% Juice-HS Cucumber/Cherry Tomatoes Ranch Chocolate Milk	Bosco Sticks Grapes or Banana 100% Juice-HS Baked Beans Sauce Chocolate Milk	Pretzel and Cheese Applesauce 100% Juice-HS Broccoli Dippers Ranch Chocolate Milk

This institution is an equal opportunity provider.