Lunch Prices
9-12 $3.00
Reduced $0.40
Adults $4.00

Breakfast served daily
7:15-7:45
Free

Central Montcalm High School

9-12 Meal Pattern

Fruit & Veggie Bar offered daily featuring romaine lettuce, carrots, celery, broccoli, tomatoes, cucumbers, cauliflower, peppers
fresh fruit, canned fruit, raisins
All students must take a 1/2 cup fruit or vegetable with their meal

Menu items subject to change without notice

Daily Choice of 1% White
Chocolate or Strawberry Milk
We use whole grain rich products

Reduced Fat Condiments Available:
ranch,french,salad dress,bbq,mustard
ketchup,honey must,promise cups

Milk only-$ .50

Also Served Daily:
Deli Bar
Pizza
Boxed Salads w/Meat
PBJ/Cheese/Cracker Meal
Yogurt/Cheese/Cracker Meal

M, W, F:
Chicken Patty on Bun
T, Th:
Cheeseburger on Bun

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/2/2019	9/3/2019	9/4/2019	9/5/2019	9/6/2019
Labor Day No School	Bosco Sticks/Sauce Baked Beans Mixed Fruit	Chicken Nuggets w/Roll Whipped Potatoes Oranges 2nd Choice: Mozarella Sticks/Sauce	Beef Spaghetti w/Breadstick Corn Banana 2nd Choice: Pretzel & Cheese	Corn Dog Nuggets Steamed Broccoli Fruit Juice 2nd Choice: Cheesy Bread/Sauce
9/9/2019	9/10/2019	9/11/2019	9/12/2019	9/13/2019
Bosco Sticks/Sauce Sweet Potato Applesauce	Doritos Tacos Fiesta Black Beans Peaches 2nd Choice: Wet Burrito	Popcorn Chicken w/Roll Whipped Potatoes Pears 2nd Choice: Honey BBQ Riblets/Roll	Macaroni & Cheese w/Roll Green Beans Banana 2nd Choice: Bacon Chseburger/Bun	Pancakes & Sausage Romaine Lettuce Cinnamon Apple Crunch 2nd Choice: Meat Lovers Stromboli
9/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019
Pizza Crunchers Carrot Coins Applesauce 2nd Choice: Meatball Sub	Hot Dog on a Bun w/Chip Baked Beans Mixed Fruit 2nd Choice: Quesadilla	Chicken Nuggets w/Roll Whipped Potatoes Oranges 2nd Choice: Pepp Pizza Breadstick	Orange Chicken Rice Banana 2nd Choice: Corn Dog	Bosco Sticks/Sauce Steamed Broccoli Fruit Juice
9/23/2019	9/24/2019	9/25/2019	9/26/2019	9/27/2019
Pepperoni Calzone Sweet Potato Applesauce 2nd Choice: Mozarella Sticks/Sauce	Soft Shell Tacos Refried Beans Peaches 2nd Choice: Chicken Fajita/Soft Shells	Chicken and Waffles Whipped Potatoes Pears *EARLY RELEASE*	Bosco Sticks/Sauce Green Beans Banana	French Toast & Sausage Romaine Lettuce Sorbet Cup 2nd Choice: Grilled Chicken/Bun

Free & Reduced meal forms can be obtained from any building office throughout the school year or www.lunchapp.com

Deposits can be made at www.sendmoneytoschool.com

FOR MORE INFORMATION OR ASSISTANCE, CALL:
Amy Main
Food Service Director
989-831-2106

This institution is an equal opportunity provider.