



# Central Montcalm High School

9-12 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  
9th-12th  
in the cafeteria  
7:10

### MONDAYS

Donut  
or Cereal or Bar  
100% Juice  
Milk

### TUESDAYS

Pancakes or Fr Toast  
or Muffin w/Graham  
100% Juice  
Milk

### WEDNESDAYS

Burrito or Fruedel  
or Cereal or Bar  
100% Juice  
Milk

### THURSDAYS

Cinnamon Roll  
or Muffin w/Graham  
100% Juice  
Milk

### FRIDAYS

Breakfast Pizza  
or Cereal or Bar  
100% Juice  
Milk

Serving lunch to 8th-12th grade

Salad Bar available containing fresh and canned fruits and vegetables

## LUNCH

Served Daily  
Free to all students  
8th-12th

WEEK  
OF:

8/21/2023  
9/18/2023  
10/16/2023

Other Daily Choices:

Pizza

Deli Bar

Boxed Salads

PBJ/Cheese/Crackers

Staff \$5.05

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Bosco Sticks/Sauce  
Stromboli  
Applesauce  
Celery/Carrots

Chicken Nuggets/Roll  
Oranges  
Potatoes

Doritos Tacos  
Cheeseburger/Bun  
Pineapple  
Refried Beans  
Romaine

Cent-Fil-A/Bun  
Spicy Chicken/Bun  
Grapes  
Cucumber/Tomatoes

Calzone  
Beef Dippers/Cornbread  
Fruit Cup  
Broccoli

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Bosco Sticks/Sauce  
Stromboli  
Applesauce  
Celery/Carrots

Popcorn Chicken/Roll  
Oranges  
Potatoes

Hot Dog/Bun/Chip  
Cheeseburger/Bun  
Pineapple  
Baked Beans  
Romaine

Cent-Fil-A/Bun  
Spicy Chicken/Bun  
Banana  
Cucumber/Tomatoes

Pizza Crunchers  
Mozz Sticks  
Fruit Cup  
Broccoli

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9/4/2023  
10/2/2023  
10/30/2023

Bosco Sticks/Sauce  
Stromboli  
Applesauce  
Celery/Carrots

Chicken Nuggets/Roll  
Oranges  
Potatoes

Soft Shell Tacos  
Cheeseburger/Bun  
Pineapple  
Refried Beans  
Romaine

Cent-Fil-A/Bun  
Spicy Chicken/Bun  
Grapes  
Cucumber/Tomatoes

Calzone  
Beef Dippers/Cornbread  
Fruit Cup  
Broccoli

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9/11/2023  
10/9/2023

Bosco Sticks/Sauce  
Stromboli  
Applesauce  
Celery/Carrots

Chicken Tenders/Roll  
Oranges  
Potatoes

Chinese/Rice  
Cheeseburger/Bun  
Pineapple  
Baked Beans  
Romaine

Cent-Fil-A/Bun  
Spicy Chicken/Bun  
Banana  
Cucumber/Tomatoes

Pretzel and Cheese  
Pizza Crunchers  
Fruit Cup  
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.*

