

Breakfast & Lunch Menus

Central Montcalm High School

9-12 meal pattern

Menu items subject to change without notice

Updated

1/8/2024



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 | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|---|--|--|---|---|
| Donut or Cereal or Bar 100% Juice Milk | Pancakes or Fr Toast or Muffin w/Graham 100% Juice Milk | Burrito or Friedel or Cereal or Bar 100% Juice Milk | Cinnamon Roll or Muffin w/Graham 100% Juice Milk | Breakfast Pizza or Cereal or Bar 100% Juice Milk |

Serving lunch to 8th-12th grade

WEEK OF: Salad Bar available containing fresh and canned fruits and vegetables

LUNCH
Served Daily
Free to all students
8th-12th

| L | U | N | C | H |
|-----------------------------------|----------------------|-----------------------------------|--|-----------------------------------|
| Bosco Sticks/Sauce Mozz Sticks | Chicken Nuggets/Roll | Doritos Tacos Cheeseburger/Bun | Cent-Fil-A/Bun Spicy Chicken/Bun Stromboli Grapes | Calzone Beef Dippers/Cornbread |

Other Daily Choices:
Pizza
Deli Bar

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|------------------------------|---------------------|---------------------------------------|-------------------|-----------------------|
| Applesauce Celery/Carrots | Oranges Potatoes | Pineapple Refried Beans Romaine | Cucumber/Tomatoes | Fruit Cup Broccoli |
|------------------------------|---------------------|---------------------------------------|-------------------|-----------------------|

Boxed Salads
PBJ/Cheese/Crackers

| L | U | N | C | H |
|------------------------------------|----------------------|--------------------------------------|--|--|
| Bosco Sticks/Sauce Meatball Sub | Popcorn Chicken/Roll | Hot Dog/Bun/Chip Cheeseburger/Bun | Cent-Fil-A/Bun Spicy Chicken/Bun Stromboli Banana | Pizza Crunchers Spaghetti/Cornbread |

Staff \$5.05

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|------------------------------|---------------------|-------------------------------------|-------------------|-----------------------|
| Applesauce Celery/Carrots | Oranges Potatoes | Pineapple Baked Beans Romaine | Cucumber/Tomatoes | Fruit Cup Broccoli |
|------------------------------|---------------------|-------------------------------------|-------------------|-----------------------|

| L | U | N | C | H |
|---------------------------------------|----------------------|--------------------------------------|--|-----------------------------------|
| Bosco Sticks/Sauce Chili/Cornbread | Chicken Nuggets/Roll | Soft Shell Tacos Cheeseburger/Bun | Cent-Fil-A/Bun Spicy Chicken/Bun Stromboli Grapes | Calzone Beef Dippers/Cornbread |

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|------------------------------|---------------------|---------------------------------------|-------------------|-----------------------|
| Applesauce Celery/Carrots | Oranges Potatoes | Pineapple Refried Beans Romaine | Cucumber/Tomatoes | Fruit Cup Broccoli |
|------------------------------|---------------------|---------------------------------------|-------------------|-----------------------|

| L | U | N | C | H |
|----------------------------------|----------------------|----------------------------------|--|---------------------------------------|
| Bosco Sticks/Sauce Quesadilla | Popcorn Chicken/Roll | Chinese/Rice Cheeseburger/Bun | Cent-Fil-A/Bun Spicy Chicken/Bun Stromboli Banana | Pretzel and Cheese Pizza Crunchers |

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|------------------------------|---------------------|-------------------------------------|-------------------|-----------------------|
| Applesauce Celery/Carrots | Oranges Potatoes | Pineapple Baked Beans Romaine | Cucumber/Tomatoes | Fruit Cup Broccoli |
|------------------------------|---------------------|-------------------------------------|-------------------|-----------------------|

Reduced fat condiments available: ranch, ketchup, bbq, mustard
Daily Choice of 1% White or Chocolate milk
We use whole grain rich products

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

This institution is an equal opportunity provider.

