



Central Montcalm High School

9-12 meal pattern

Menu items subject to change without notice

Updated

8/1/2024

first 8 weeks of school

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
7:30

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Donut or Cereal or Bar 100% Juice Milk	Pancakes or FrToast or Muffin w/Graham 100% Juice Milk	Burrito or Fruedel or Cereal or Bar 100% Juice Milk	Cinnamon Roll or Muffin w/Graham 100% Juice Milk	Breakfast Pizza or Cereal or Bread 100% Juice Milk

Serving lunch to 8th-12th grade

LUNCH
Served Daily
Free to all students
9/9/2024
10/7/2024

WEEK OF:

Salad Bar available containing fresh and canned fruits and vegetables

L	U	N	C	H
Bosco Sticks/Sauce Mozz Sticks	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Chicken and Waffle Stromboli Grapes	Calzone Beef Dippers/Cornbread
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Cucumber/Tomatoes	Peaches Broccoli

Other Daily Choices:
Pizza
Deli Bar
Boxed Salads
PBJ/Cheese/Crackers

*8/19/2024
9/16/2024

L	U	N	C	H
Bosco Sticks/Sauce Buffalo Cheese Mini Bites	Popcorn Chicken/Roll	Hot Dog/Bun/Chip Cheeseburger/Bun	Cent-Fil-A/Bun Spicy Chicken/Bun Stromboli Banana	Pizza Crunchers Spaghetti/Cornbread
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Cucumber/Tomatoes	Pears Broccoli

Staff \$5.15

8/26/2024
9/23/2024

L	U	N	C	H
Bosco Sticks/Sauce Ravioli/Breadtwist	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Cent-Fil-A/Bun Spicy Chicken/Bun Stromboli Grapes	Calzone Beef Dippers/Cornbread
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Cucumber/Tomatoes	Peaches Broccoli

9/2/2024
9/30/2024

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
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Cucumber/Tomatoes	Pears 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

CM Wellness Policy found at www.central-montcalm.org
This institution is an equal opportunity provider.

