



Central Montcalm High School

9-12 meal pattern

Updated  
10/7/2024

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	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Served Daily	Donut	Pancakes or FrToast	Burrito or Fruedel	Cinnamon Roll	Breakfast Pizza
Free to all students	or Cereal or Bar	or Muffin w/Graham	or Cereal or Bar	or Muffin w/Graham	or Cereal or Bread
9th-12th		Smoothie		Smoothie	
in the cafeteria	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
7:30	Milk	Milk	Milk	Milk	Milk

Serving lunch to 8th-12th grade

Salad Bar available containing fresh and canned fruits and vegetables

WEEK OF:	L	U	N	C	H	
<b>LUNCH</b>						
Served Daily	10/7/2024	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Alfredo/Breadtwist	Calzone
Free to all students	11/4/2024	Mozz Sticks		Cheeseburger/Bun	Chicken Patty/Bun	Beef Dippers/Cornbread
	12/2/2024				Stromboli	
Other Daily Choices:		Applesauce	Oranges	Pineapple	Grapes	Peaches
Pizza		Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
Deli Bar				Romaine		
Boxed Salads	10/14/2024	Bosco Sticks/Sauce	Popcorn Chicken/Roll	Hot Dog/Bun/Chip	Chicken and Waffle	Pizza Crunchers
PBJ/Cheese/Crackers	11/11/2024	Buffalo Cheese Mini Bites		Cheeseburger/Bun	Chicken Patty/Bun	Spaghetti/Cornbread
	12/9/2024				Stromboli	
Staff \$5.15		Applesauce	Oranges	Pineapple	Banana	Pears
		Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
				Romaine		
	10/21/2024	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Cent-Fil-A/Bun	Calzone
	11/18/2024	Ravioli/Breadtwist		Cheeseburger/Bun	Spicy Chicken/Bun	Beef Dippers/Cornbread
	12/16/2024				Stromboli	
		Applesauce	Oranges	Pineapple	Grapes	Peaches
		Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
				Romaine		
	10/28/2024	Bosco Sticks/Sauce	Popcorn Chicken/Roll	Corn Dog Nuggets	Chinese/Rice	Pretzel and Cheese
	11/25/2024	Quesadilla		Cheeseburger/Bun	Chicken Patty/Bun	Pizza Crunchers
					Stromboli	
FOR MORE INFORMATION		Applesauce	Oranges	Pineapple	Banana	Pears
OR ASSISTANCE, CALL:		Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
Amy Main				Romaine		

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](http://www.central-montcalm.org)  
*This institution is an equal opportunity provider.*

