



Central Montcalm Middle School

6-8 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
6th, 7th & 8th
in the cafeteria
7:10

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 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 6th & 7th grade

Salad Bar available containing fresh and canned fruits and vegetables

WEEK

OF:

8/21/2023

9/18/2023

10/16/2023

L	U	N	C	H
Bosco Sticks/Sauce	Chicken Nuggets/Roll	Doritos Tacos	Cheeseburger/Bun	Calzone

Applesauce
Celery/Carrots

Oranges
Potatoes

Pineapple
Refried Beans
Romaine

Grapes
Cucumber/Tomatoes

100% Juice
Broccoli

Other Daily Choices:
Pizza
PBJ/Cheese/Crackers

8/28/2023

9/25/2023

10/23/2023

L	U	N	C	H
Mozzarella Sticks/Sauce or Boxed Salad	Chicken Tenders/Roll	Hot Dog/Bun/Chip	Chicken Leg/Roll	Pizza Crunchers

Applesauce
Celery/Carrots

Oranges
Potatoes

Pineapple
Baked Beans
Romaine

Banana
Cucumber/Tomatoes

Fruit Cup
Broccoli

Staff \$5.05

9/4/2023

10/2/2023

10/30/2023

L	U	N	C	H
Bosco Sticks/Sauce	Chicken Nuggets/Roll	Soft Shell Tacos	Hamburger/Bun	Ravioli/Cornbread

Applesauce
Celery/Carrots

Oranges
Potatoes

Pineapple
Refried Beans
Romaine

Grapes
Cucumber/Tomatoes

100% Juice
Broccoli

9/11/2023

10/9/2023

L	U	N	C	H
Mozzarella Sticks/Sauce	Chicken Tenders/Roll	Corn Dog Nuggets or Boxed Salad	Chicken Patty/Bun	Pretzel and Cheese

Applesauce
Celery/Carrots

Oranges
Potatoes

Pineapple
Baked Beans
Romaine

Banana
Cucumber/Tomatoes

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.