



Central Montcalm Middle School

6-8 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  
6th, 7th & 8th  
in the cafeteria  
7:30

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
WG Donut Holes 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 6th & 7th grade

Salad Bar available containing fresh and canned fruits and vegetables

**LUNCH**  
Served Daily  
Free to all students  
6th & 7th grade  
  
Other Daily Choices:  
Pizza  
PBJ/Cheese/Crackers

**WEEK OF:**

L	U	N	C	H
Bosco Sticks/Sauce	Chicken Nuggets/Roll	Doritos Tacos	Cheeseburger/Bun	Calzone
9/9/2024				Cheese Quesadilla
10/7/2024	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes

**\*8/19/2024**  
9/16/2024

L	U	N	C	H
Mozzarella Sticks/Sauce or Boxed Salad Applesauce Celery/Carrots	Chicken Tenders/Roll  Oranges Potatoes	Hot Dog/Bun/Chip  Pineapple Baked Beans Romaine	Spaghetti/Cornbread  Banana Cucumber/Tomatoes	Pizza Crunchers  Pears Broccoli

8/26/2024  
9/23/2024

L	U	N	C	H
Bosco Sticks/Sauce	Chicken Nuggets/Roll	Soft Shell Tacos	Chicken Leg/Roll	Ravioli/Cornbread
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli

9/2/2024  
9/30/2024

L	U	N	C	H
Mac & Cheese/Beef Dippers	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	French Toast/Sausage 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](http://www.central-montcalm.org)  
*This institution is an equal opportunity provider.*