



Central Montcalm Middle School

6-8 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
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	Pancakes or FrToast or Muffin w/Graham Smoothie	Burrito or Fruedel or Cereal or Bar	Cinnamon Roll or Muffin w/Graham Smoothie	Breakfast Pizza or Cereal or Bread
100% Juice Milk	100% Juice Milk	100% Juice Milk	100% Juice Milk	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
10/7/2024	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Doritos Tacos	Cheeseburger/Bun	Calzone
11/4/2024					Beef Dipper/Cornbread
12/2/2024	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli
10/14/2024	Mozzarella Sticks/Sauce	Chicken Tenders/Roll	Hot Dog/Bun/Chip	Spaghetti/Cornbread	Pizza Crunchers
11/11/2024	or Boxed Salad				
12/9/2024	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Pears Broccoli
10/21/2024	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Soft Shell Tacos	Chicken Leg/Roll	Ravioli/Cornbread
11/18/2024				Quesadilla	
12/16/2024	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli
10/28/2024	Mac & Cheese/Beef Dippers	Chicken Tenders/Roll	Corn Dog Nuggets	Chicken Patty/Bun	Pretzel and Cheese
11/25/2024			or Boxed Salad		French Toast/Sausage
	Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana 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.