



Central Montcalm Upper Elementary

K-5 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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Muffin	Pancakes or Fr Toast	Cereal w/ Goldfish	Mini Cinni or Bagelful	WG Donuts
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Milk	Milk	Milk	Milk	Milk

LUNCH
Served Daily
Free to all students

2nd Choice Daily:
PBJ/Cheese/Crackers

WEEK OF:	Salad Bar available containing fresh and canned fruits and vegetables				
	L	U	N	C	H
9/9/2024	Bosco Sticks/Sauce	Chicken Nuggets	Doritos Tacos	Cheeseburger/Bun	Calzone
10/7/2024	Applesauce	Oranges	Pineapple	Grapes	Peaches
	Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli
*8/19/2024	Macaroni & Cheese	Chicken Tenders	*Hot Dog/Bun	Chicken Patty/Bun	Pizza Crunchers
9/16/2024	Applesauce	Oranges	Pineapple	Banana	Pears
Staff \$5.15	Celery/Carrots	Potatoes	Baked Beans Romaine	Cucumber/Tomatoes	Broccoli
8/26/2024	French Toast/Sausage	Chicken Nuggets	Soft Shell Tacos	Ravioli/Cornbread	Pizza
9/23/2024	Applesauce	Oranges	Pineapple	Grapes	Peaches
	Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli
9/2/2024	Pancakes/Sausage	Chicken Tenders	Corn Dog Nuggets	Spaghetti/Breadstick	Mozzarella Sticks
9/30/2024	Applesauce	Oranges	Pineapple	Banana	Pears
	Celery/Carrots	Potatoes	Baked Beans Romaine	Cucumber/Tomatoes	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.