

Central Montcalm High School

9-12 meal pattern

Menu items subject to change without notice

SY 26-27
November-December

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	WG Donut	Pancakes or FrToast	Burrito or Fruedel	Cinnamon Roll	Breakfast or Bagel 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
7:25	Milk	Milk	Milk	Milk	Milk
Staff $3.25					

Salad Bar available containing fresh and canned fruits and vegetables

LUNCH	WEEK OF:	L	U	N	C	H
Served Daily	11/2/2026	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Alfredo/Breadtwist	Calzone
Free to all students	11/30/2026	Mozz & Jalapeno Sticks	Spicy Tenders/Roll	Cheeseburger/Bun	Chicken Patty/Bun	Beef Dippers/Cornbread
		Applesauce	Oranges	Pineapple	Grapes	Peaches
Other Daily Choices:		Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
Pizza				Romaine		
Deli Bar		L	U	N	C	H
Boxed Salads	11/9/2026	Bosco Sticks/Sauce	Popcorn Chicken/Roll	Hot Dog/Bun/Chip	Breakfast Sandwich/Hashbrown	Pizza Crunchers
PBJ/Cheese/Crackers	12/7/2026	Cheeseburger Bites		Cheeseburger/Bun	Chicken Patty/Bun	Spaghetti/Breadstick
Meat Stick/Yogurt/Chips						
		Applesauce	Oranges	Pineapple	Banana	Pears
		Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
Staff $5.50				Romaine		
		L	U	N	C	H
	11/16/2026	Bosco Sticks/Sauce	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos	Cent-Fil-A/Bun	Calzone
	12/14/2026	Macaroni and Cheese	Spicy Tenders/Roll	Cheeseburger/Bun	Ham/Swiss on Pretzel Bun	Pretzel Dog
		Applesauce	Oranges	Pineapple	Grapes	Peaches
		Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
				Romaine		
		L	U	N	C	H
	11/23/2026	Bosco Sticks/Sauce	Popcorn Chicken/Roll	Corn Dog Nuggets	Chinese/Rice	Pretzel and Cheese
		Quesadilla		Cheeseburger/Bun	Chicken Patty/Bun	Pizza Crunchers
		Applesauce	Oranges	Pineapple	Banana	Pears
		Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
				Romaine		

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.