



NO KID HUNGRY

BREAKFAST
Served Daily
Free to all students
9th-12th
in the cafeteria
7:30
Staff \$3.25

LUNCH
Served Daily
Free to all students

Other Daily Choices:
Pizza
Deli Bar
Boxed Salads
PBJ/Cheese/Crackers
Meat Stick/Yogurt/Chips

Staff \$5.50

FOR MORE
INFORMATION
OR ASSISTANCE, CALL:
Amy Main
Food Service Director
989-831-2106



Central Montcalm High School

9-12 meal pattern

2026

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Donut 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 8th-12th grade

Salad Bar available containing fresh and canned fruits and vegetables

**WEEK
OF:**

L	U	N	C	H
Bosco Sticks/Sauce Mozz Sticks	Chicken Nuggets/Roll Spicy Tenders/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Alfredo/Breadtwist Chicken Patty/Bun	Calzone Beef Dippers/Cornbread
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli

1/5/2026
2/2/2026
3/2/2026
3/30/2026
5/4/2026

1/12/2026
2/9/2026
3/9/2026
4/13/2026
5/11/2026

L	U	N	C	H
Bosco Sticks/Sauce Mac & Cheese Bites	Popcorn Chicken/Roll	Hot Dog/Bun/Chip Cheeseburger/Bun	Waffles/Sausage Chicken Patty/Bun	Pizza Crunchers Spaghetti/Breadstick
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Pears Broccoli

1/19/2026
2/16/2026
3/16/2026
4/20/2026
5/18/2026

L	U	N	C	H
Bosco Sticks/Sauce 3 Cheese Cavatappi	Chicken Nuggets/Roll	Dorito or Soft Shell Tacos Cheeseburger/Bun	Cent-Fil-A/Bun Ham/Swiss on Pretzel Bun	Calzone Beef Dippers/Cornbread
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Refried Beans Romaine	Grapes Cucumber/Tomatoes	Peaches Broccoli

1/26/2026
2/23/2026
3/23/2025
4/27/2026
5/25/2026

L	U	N	C	H
Bosco Sticks/Sauce Quesadilla	Popcorn Chicken/Roll	Corn Dog Nuggets Cheeseburger/Bun	Chinese/Rice Chicken Patty/Bun	Pretzel and Cheese Pizza Crunchers
Applesauce Celery/Carrots	Oranges Potatoes	Pineapple Baked Beans Romaine	Banana Cucumber/Tomatoes	Pears Broccoli

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.

