

FREE School Meals for ALL Students



Central Montcalm Middle School

2026

6-8 meal pattern

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
Staff \$3.25

MONDAYS

WG Donut Holes
or Cereal or Bar

100% Juice
Milk

TUESDAYS

Pancakes or FrToast
or Muffin w/Graham

Smoothie
100% Juice
Milk

WEDNESDAYS

Burrito or Fruedel
or Cereal or Bread

100% Juice
Milk

THURSDAYS

Cinnamon Roll
or Muffin w/Graham

Smoothie
100% Juice
Milk

FRIDAYS

Breakfast Pizza
or Cereal or UBR

100% Juice
Milk

Serving lunch to 6th & 7th grade

WEEK

Salad Bar available containing fresh and canned fruits and vegetables

LUNCH

Served Daily

Free to all students

1/5/2026

6th & 7th grade

2/2/2026

3/2/2026

Other Daily Choices:
Pizza

PB/J/Cheese/Crackers

OF:

L

Bosco Sticks/Sauce

U

Chicken Nuggets/Roll

N

Doritos Tacos

C

Cheeseburger/Bun

H

Calzone

Stromboli

Beef Dipper/Cornbread

Grapes

Peaches

Cucumber/Tomatoes

Broccoli

5/4/2026

L

Mozzarella Sticks/Sauce

or Boxed Salad

U

Popcorn Chicken/Roll

Applesauce

Celery/Carrots

N

Hot Dog/Bun/Chip

Pineapple

Baked Beans

Romaine

C

3 Cheese Cavatappi/Bread

Banana

Cucumber/Tomatoes

Pizza Crunchers

Ham/Cheese on Pretzel Bun

Staff \$5.50

1/12/2026

Applesauce

Celery/Carrots

2/9/2026

Oranges

Potatoes

3/9/2026

Pineapple

Baked Beans

Romaine

4/13/2026

Chicken Leg/Roll

Quesadilla

5/11/2026

Pears

Broccoli

L

Bosco Sticks/Sauce

U

Chicken Nuggets/Roll

N

Soft Shell Tacos

C

Chicken Leg/Roll

H

Breakfast Sandwich/Hashbrown

1/19/2026

Applesauce

Celery/Carrots

Oranges

Potatoes

Pineapple

Refried Beans

Romaine

Grapes

Cucumber/Tomatoes

Peaches

Broccoli

2/16/2026

3/16/2026

4/20/2026

5/18/2026

L

Mac & Cheese/Beef Dippers

U

Chicken Tenders/Roll

N

Corn Dog Nuggets

C

Chicken Patty/Bun

H

Pretzel and Cheese

1/26/2026

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.