

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	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 Bread	Cinnamon Roll or Muffin w/Graham Smoothie	Breakfast Pizza or Cereal or UBR
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

Staff \$5.50

WEEK
OF:

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

1/19/2026

2/16/2026

3/16/2026

4/20/2026

5/18/2026

L	U	N	C	H
Bosco Sticks/Sauce	Chicken Nuggets/Roll	Doritos Tacos	Cheeseburger/Bun	Calzone
			Stromboli	Beef Dipper/Cornbread
Applesauce	Oranges	Pineapple	Grapes	Peaches
Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
		Romaine		
L	U	N	C	H
Mozzarella Sticks/Sauce	Popcorn Chicken/Roll	Hot Dog/Bun/Chip	3 Cheese Cavatappi/Bread	Pizza Crunchers
or Boxed Salad				Ham/Cheese on Pretzel Bun
Applesauce	Oranges	Pineapple	Banana	Pears
Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
		Romaine		
L	U	N	C	H
Bosco Sticks/Sauce	Chicken Nuggets/Roll	Soft Shell Tacos	Chicken Leg/Roll	Breakfast Sandwich/Hashbrown
			Quesadilla	
Applesauce	Oranges	Pineapple	Grapes	Peaches
Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
		Romaine		
L	U	N	C	H
Mac & Cheese/Beef Dippers	Chicken Tenders/Roll	Corn Dog Nuggets	Chicken Patty/Bun	Pretzel and Cheese
		or Boxed Salad		French Toast/Sausage
Applesauce	Oranges	Pineapple	Banana	Pears
Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
		Romaine		

Reduced fat condiments available: ranch, ketchup, bbq, mustard

Daily Choice of 1% White or Chocolate milk

We use whole grain rich products

FOR MORE
INFORMATION
OR ASSISTANCE, CALL:

Amy Main

Food Service Director

989-831-2106

CM Wellness Policy found at www.central-montcalm.org
This institution is an equal opportunity provider.