Central Montcalm Upper Elementary

K-5 Meal Pattern

Menu items subject to change without notice

*All students **must** have a **1/2 cup** fruit or vegetable with their **meal***

FREE School Meals for **ALL** Students

Whole Fruit also available daily

BREAKFAST
Served Daily
Free to all students
Staff $3.25

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
				(Pizza-1st Friday of month)

Salad Bar available containing fresh and canned fruits and vegetables

LUNCH
Served Daily
Free to all students

2nd Choice Daily:
PBJ/Cheese/Crackers

WEEK OF:	L	U	N	C	H
	Bosco Sticks/Sauce	Chicken Nuggets	Doritos Tacos	Cheeseburger/Bun	Calzone
1/5/2026	Applesauce	Oranges	Pineapple	Grapes	Peaches
2/2/2026					
3/2/2026	Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
3/30/2026			Romaine		
5/4/2026					

WEEK OF:	L	U	N	C	H
	French Toast/Sausage	Chicken Tenders	Hot Dog/Bun	Ravioli/Cornbread	Pizza
1/12/2026	Applesauce	Oranges	Pineapple	Banana	Pears
2/9/2026					
3/9/2026	Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
4/13/2026			Romaine		
5/11/2026					

Staff $5.50

WEEK OF:	L	U	N	C	H
	Macaroni & Cheese	Chicken Nuggets	Soft Shell Tacos	Chicken Patty/Bun	Pizza Crunchers
1/19/2026	Applesauce	Oranges	Pineapple	Grapes	Peaches
2/16/2026					
3/16/2026	Celery/Carrots	Potatoes	Refried Beans	Cucumber/Tomatoes	Broccoli
4/20/2026			Romaine		
5/18/2026					

WEEK OF:	L	U	N	C	H
	Pancakes/Sausage	Chicken Tenders	Corn Dog Nuggets	Spaghetti/Breadstick	Pizza
1/26/2026	Applesauce	Oranges	Pineapple	Banana	Pears
2/23/2026					
3/23/2025	Celery/Carrots	Potatoes	Baked Beans	Cucumber/Tomatoes	Broccoli
4/27/2026			Romaine		
5/25/2026					

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.