

**Lunch Prices**

K-5	\$2.25
6-8	\$2.50
9-12	\$3.00
Reduced	\$0.40
Adults	\$4.00
Milk	\$0.50

**Breakfast served daily**

PBJ meal available daily

(includes jamwich, cheese stick, crackers)

Free & Reduced meal

forms can be obtained from any building office

throughout the school year or

[www.lunchapp.com](http://www.lunchapp.com)

**JUST FOR FUN!**

Q: What do skeletons say before they begin dining?

A: BONE appetit!

Your child's school day just got healthier! More fruits, vegetables whole-grain rich foods, fat-free and low-fat milk, less fat and sodium, right-size portions are all changes in school meals.

To learn more visit

[www.fns.usda.gov](http://www.fns.usda.gov)

Deposits can be made at

[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)

**FOR MORE INFORMATION OR ASSISTANCE, CALL:**

Amy Main

Food Service Director

989-831-2106

**Central Montcalm Elementary**

K-5 Meal Pattern

**October-17**



Fruit & Veggie Bar offered daily featuring romaine lettuce, carrots, celery, broccoli, tomatoes, cucumbers, cauliflower, peppers fresh fruit, canned fruit, raisins

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

Menu items subject to change without notice

Daily Choice of 1% White, Skim

FF Chocolate Milk

We use whole grain rich products

Reduced Fat Condiments Available:

ranch,french,salad dress,bbq,mustard ketchup,honey must,promise cups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2017	10/3/2017	10/4/2017	10/5/2017	10/6/2017

Ravioli & Breadstick

Carrot Coins

Applesauce

Chicken Rings w/Roll

Hashbrowns

Mixed Fruit

Pepperoni Pizza

Baked Beans

Oranges

Pizzaroni w/Breadstick

Corn

Banana

Corn Dog Nuggets

Steamed Broccoli

Fruit Juice



**world smile day**

2 hour early release

10/9/2017	10/10/2017	10/11/2017	10/12/2017	10/13/2017
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**NATIONAL SCHOOL LUNCH WEEK-eat lunch from our cafeteria this week!**

Cheese Pizza

Sweet Potato

Applesauce

Chicken Nuggets w/Roll

Whipped Potatoes

Peaches

Soft Shell Tacos

Refried Beans

Pears

Macaroni & Cheese

Green Beans

Banana

Pancakes/Sausage

Romaine Lettuce

Cinnamon Apples

10/16/2017	10/17/2017	10/18/2017	10/19/2017	10/20/2017
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Pepperoni Pizza

Carrot Coins

Applesauce

Popcorn Chicken w/Roll

Oven Fries

Mixed Fruit

Hot Dog on a Bun

Baked Beans

Oranges

Pretzel & Cheese

Corn

Banana

Hamburger on a Bun

Steamed Broccoli

Sorbet Cup

2 hour early release

10/23/2017	10/24/2017	10/25/2017	10/26/2017	10/27/2017
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Beef & Cheese Nachos

Sweet Potato

Applesauce

Chicken Nuggets w/Roll

Whipped Potatoes

Peaches

Chicken Fajita on Soft Shells

Refried Beans

Pears

Corn Dog Nuggets

Green Beans

Banana

Cheese Pizza

Romaine Lettuce

Fruit Juice

2 hour early release

10/30/2017	10/31/2017	11/1/2017	11/2/2017	11/3/2017
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Pancake on a Stick

Carrot Coins

Applesauce



Popcorn Chicken w/Roll

Oven Fries

Sorbet Cup

Cheeseburger on a Bun

Baked Beans

Oranges

Pepperoni Pizza

Corn

Banana

Chicken Patty on a Bun

Steamed Broccoli

Fruit Juice

2 hour early release

***This institution is an equal opportunity provider.***