

School Year 2011-12

PK - 1 \$1.30
 2 - 12 \$1.40
 Reduced Breakfast \$0.30
 Adult \$2.00

**Central Montcalm High School
 Breakfast Menu**

Offered daily-poptarts, cereal,
 yogurt w/graham crackers,
 instant oatmeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1, Day 1	Week 1, Day 2	Week 1, Day 3	Week 1, Day 4	Week 1, Day 5
Funnel Cake (53)	Breakfast Burrito (25)	Waffle Sticks - 2 (28)	Cinnamon Roll (69)	Breakfast Sausage Pizza (24)
Fruit, Milk, Fruit Juice Big Muffin	Fruit, Milk, Fruit Juice Mini Donuts (45)	Fruit, Milk, Fruit Juice Bagel w/ Peanut Butter	Fruit, Milk, Fruit Juice Cherry Frudel (36)	Fruit, Milk, Fruit Juice
Week 2, Day 1	Week 2, Day 2	Week 2, Day 3	Week 2, Day 4	Week 2, Day 5
Pancake on a Stick - Maple (23)	Breakfast Hot Pocket (18)	Pillsbury Mini Pancakes (34) with Syrup	Coffee Cake (36)	Breakfast Egg Pizza (23)
Fruit, Milk, Fruit Juice Mini Donuts (45)	Fruit, Milk, Fruit Juice Big Muffin	Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice Bagel w/ Peanut Butter	Fruit, Milk, Fruit Juice
Week 3, Day 1	Week 3, Day 2	Week 3, Day 3	Week 3, Day 4	Week 3, Day 5
Funnel Cake (53)	Breakfast Burrito (25)	French Toast w/ Omelet (22+3)	Cinnamon Roll (69)	Breakfast Sausage Pizza (24)
Fruit, Milk, Fruit Juice Bagel w/ Peanut Butter	Fruit, Milk, Fruit Juice Cherry Frudel (36)	Fruit, Milk, Fruit Juice Big Muffin	Fruit, Milk, Fruit Juice Mini Donuts (45)	Fruit, Milk, Fruit Juice
Week 4, Day 1	Week 4, Day 2	Week 4, Day 3	Week 4, Day 4	Week 4, Day 5
Pancake on Stick - Blueberry(25)	Breakfast Hot Pocket (18)	Pancakes w/ Egg Patty(26+1)	Breakfast Round (42)	Breakfast Egg Pizza (23)
Fruit, Milk, Fruit Juice	Fruit, Milk, Fruit Juice Big Muffin	Fruit, Milk, Fruit Juice Mini Donuts (45)	Fruit, Milk, Fruit Juice Bagel w/ Peanut Butter	Fruit, Milk, Fruit Juice

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Fruit is any whole fruit (apple, orange, banana, grapes) or canned fruit (applesauce, peaches, pears) or dried fruit (raisins or cherries)

Carbohydrate in grams in (), get specific amounts of flavors on other paper

The new sodium requirements state sodium needs to be below 640 mg by SY2012 for grades 9-12 and 500mg by 2021