

Lunch Prices:

K-5	\$2.25
6-8	\$2.50
9-12	\$3.00
Reduced	\$0.40
Adults	\$4.00
Milk	\$.50

Breakfast served daily

7:15-7:45

Free & Reduced meal forms can be obtained from any building office throughout the school year or www.lunchapp.com

Also served daily:

Pizza

Deli Bar

Boxed Salads

PBJ/Cheese/Cracker Meal

Yogurt/Cheese/Cracker Meal

M,W,F-Cheeseburger on Bun

T,Th-Chicken on Bun

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

Deposits can be made at

www.sendmoneytoschool.com

FOR MORE INFORMATION OR ASSISTANCE, CALL:

Amy Main

Food Service Director

989-831-2106



Central Montcalm High School

9-12 Meal Pattern

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

October-17

Daily Choice of 1% White, FF Chocolate or Strawberry 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	Chicken Nuggets w/Roll	Bosco Sticks/Sauce	Pizzaroni w/Breadstick	Corn Dog Nuggets
Carrot Coins	Whipped Potatoes	Baked Beans	Corn	Steamed Broccoli
Applesauce	Mixed Fruit	Oranges	Banana	Fruit Juice
2nd Choice: Mozzarella Sticks/Sauce	2nd Choice: Hot Ham & Swiss/Bun	2 hour early release	2nd Choice: Pretzel & Cheese	2nd Choice: Chili & Grilled Cheese



world smile day

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!

Cheesy Bread & Sauce	Chicken Nuggets w/Roll	Soft Shell Tacos	Macaroni & Cheese w/Roll	Pancakes/Sausage
Sweet Potato	Whipped Potatoes	Refried Beans	Green Beans	Romaine Lettuce
Applesauce	Peaches	Pears	Banana	Cinnamon Apples
2nd Choice: Grilled Chicken/Bun		2nd Choice: Wet Burrito	2nd Choice: Corn Dog Nuggets	2nd Choice: Chkn Tenders/Roll

10/16/2017	10/17/2017	10/18/2017	10/19/2017	10/20/2017
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Bosco Sticks/Sauce	Popcorn Chicken w/Roll	Hot Dog on a Bun w/Chip	Orange Chicken	Pepperoni Calzone
Carrot Coins	Whipped Potatoes	Baked Beans	Rice	Steamed Broccoli
Applesauce	Mixed Fruit	Oranges	Banana	Sorbet Cup
	2nd Choice: Hot Ham & Swiss/Bun	2 hour early release	2nd Choice: Pizza Stick & String Cheese	2nd Choice: Chicken Quesadilla

10/23/2017	10/24/2017	10/25/2017	10/26/2017	10/27/2017
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Beef & Cheese Nachos	Chicken Nuggets w/Roll	Chicken Tenders/Roll	Corn Dog Nuggets	Pizza Crunchers
Sweet Potato	Whipped Potatoes	Refried Beans	Green Beans	Romaine Lettuce
Applesauce	Peaches	Pears	Banana	Fruit Juice
2nd Choice: Mozzarella Sticks/Sauce	2nd Choice: BBQ Beef Riblets/Roll		2nd Choice: Sloppy Joe/Bun	2nd Choice: Bacon Cheesebuger/Bun

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 & Gogurt	Popcorn Chicken w/Roll	Bosco Sticks/Sauce	Pretzel & Cheese	Meatball Sub
Carrot Coins	Whipped Potatoes	Baked Beans	Corn	Steamed Broccoli
Applesauce	Sorbet Cup	Pears	Banana	Fruit Juice
2nd Choice: Pizza Stick & String Cheese	2nd Choice: Turkey Gravy/Roll	2 hour early release	2nd Choice: Chili & Grilled Cheese	2nd Choice: Tacos Sticks



This institution is an equal opportunity provider.