

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
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

M/W/F-PBJ/Cheese/Cracker Meal
T/Th-Yogurt/Cheese/Granola Meal

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

Deposits can be made at www.sendmoneytoschool.com

FOR MORE INFORMATION OR ASSISTANCE, CALL:

Amy Main
Food Service Director

989-831-2106



Central Montcalm Middle School

October-17

6-8 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**

Daily Choice of 1% White, Skim,
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

Menu items subject to change without notice

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

2nd Choice: Hot/Spicy Chicken on Bun

Chicken Rings w/Roll
Hashbrowns
Mixed Fruit

Bosco Sticks/Sauce
Baked Beans
Oranges

2 hour early release

Pizzaroni w/Breadstick
Corn
Banana

2nd Choice: Pretzel & Cheese

Corn Dog Nuggets
Steamed Broccoli
Fruit Juice



world smile day

2nd Choice: Chili & Grilled Cheese

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
Sweet Potato
Applesauce

2nd Choice: Boxed Salad w/Meat/Cheezits

Chicken Tenders w/Roll
Whipped Potatoes
Peaches

Soft Shell Tacos
Refried Beans
Pears

2nd Choice: Wet Burrito

Macaroni & Cheese w/Roll
Green Beans
Banana

2nd Choice: Shredded Pork on Bun

Pancakes/Sausage
Romaine Lettuce
Cinnamon Apples

2nd Choice: Ham on Bun

10/16/2017	10/17/2017	10/18/2017	10/19/2017	10/20/2017
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Bosco Sticks/Sauce
Carrot Coins
Applesauce

Popcorn Chicken w/Roll
Oven Fries
Mixed Fruit

Hot Dog on a Bun w/Chip
Baked Beans
Oranges

2 hour early release

Pizza Stick & String Cheese
Corn
Banana

2nd Choice: Chicken Leg/Roll

Cheeseburger on a Bun
Steamed Broccoli
Sorbet Cup

2nd Choice: Pepperoni Calzone

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

2nd Choice: Chicken Patty/Bun

Chicken Nuggets w/ Roll
Whipped Potatoes
Peaches

Chicken Fajita on Soft Shells
Refried Beans
Pears

2nd Choice: Soft Shell Tacos
2 hour early release

Corn Dog Nuggets
Green Beans
Banana

2nd Choice: Boxed Salad w/Meat/Cheezits

Pizza Crunchers
Romaine Lettuce
Fruit Juice

2nd Choice: Turkey/Cheese Wrap

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

2nd Choice: Hot/Spicy Chicken on Bun



Popcorn Chicken w/Roll
Oven Fries
Sorbet Cup

Bosco Sticks/Sauce
Baked Beans
Pears

2 hour early release

Pretzel & Cheese
Corn
Banana

2nd choice: Cheeseburger/Bun

Chicken Patty on a Bun
Steamed Broccoli
Fruit Juice

2nd Choice: Chkn Tenders/Roll

This institution is an equal opportunity provider.