

**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 Upper Elementary**

K-5 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

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
<b>10/2/2017</b>	<b>10/3/2017</b>	<b>10/4/2017</b>	<b>10/5/2017</b>	<b>10/6/2017</b>
Ravioli & Breadstick Carrot Coins Applesauce  2nd Choice: Sloppy Joe on Bun	Chicken Rings w/Roll Hashbrowns Mixed Fruit  2nd Choice: Ham on Bun	Pepperoni Pizza Baked Beans Oranges  2 hour early release	Pizzaroni w/Breadstick Corn Banana  2nd Choice: Bosco Sticks/Sauce	Corn Dog Nuggets Steamed Broccoli Fruit Juice <b>world smile day</b> 2nd Choice: Chili & Corn Bread
<b>10/9/2017</b>	<b>10/10/2017</b>	<b>10/11/2017</b>	<b>10/12/2017</b>	<b>10/13/2017</b>
<b>NATIONAL SCHOOL LUNCH WEEK-eat lunch from our cafeteria this week!</b>				
Cheese Pizza Sweet Potato Applesauce  2nd Choice: Grilled Chicken/Bun	Chicken Nuggets w/Roll Whipped Potatoes Peaches  2nd Choice: Cheeseburger on Bun	Soft Shell Tacos Refried Beans Pears  2nd Choice: Shredded Pork on Bun	Macaroni & Cheese Green Beans Banana  2nd Choice: Corn Dog	Pancakes/Sausage Romaine Lettuce Cinnamon Apples  2nd Choice: Chicken Patty/Bun
<b>10/16/2017</b>	<b>10/17/2017</b>	<b>10/18/2017</b>	<b>10/19/2017</b>	<b>10/20/2017</b>
Pepperoni Pizza Carrot Coins Applesauce  2nd Choice: Hot/Spicy Chicken on Bun	Popcorn Chicken w/Roll Oven Fries Mixed Fruit  2nd Choice: Beef Dippers/Roll	Hot Dog on a Bun Baked Beans Oranges  2 hour early release	Pretzel & Cheese Corn Banana  2nd Choice: Chicken Leg/Roll	Hamburger on a Bun Steamed Broccoli Sorbet Cup  2nd Choice:Yogurt, Chs Stick, Granola
<b>10/23/2017</b>	<b>10/24/2017</b>	<b>10/25/2017</b>	<b>10/26/2017</b>	<b>10/27/2017</b>
Beef & Cheese Nachos Sweet Potato Applesauce  2nd Choice: Boxed Salad w/Meat/Cheezits	Chicken Nuggets w/Roll Whipped Potatoes Peaches  2nd Choice: Turkey Gravy/Roll	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: Sloppy Joe/Bun	Cheese Pizza Romaine Lettuce Fruit Juice  2nd Choice: Turkey/Cheese Wrap
<b>10/30/2017</b>	<b>10/31/2017</b>	<b>11/1/2017</b>	<b>11/2/2017</b>	<b>11/3/2017</b>
Pancake on a Stick Carrot Coins Applesauce  2nd Choice: Ham on Bun	Popcorn Chicken w/Roll Oven Fries Sorbet Cup  2nd Choice:Yogurt, Chs Stick, Granola	Cheeseburger on a Bun Baked Beans Oranges  2 hour early release	Pepperoni Pizza Corn Banana  2nd Choice: Tunafish Sandwich	Chicken Patty on a Bun Steamed Broccoli Fruit Juice  2nd Choice: Pretzel/Cheese



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