

August - September  
2017 Menu



**Welcome** to another exciting school year with Grand Rapids Public Schools. We are happy to have you as customers and look forward to serving your children hot and nutritious meals again this school year. The school meals served in your school are the best value in town. GRPS Nutrition Services is proud to offer the very best in nutrition for your child.



Meal Prices					
Student Meals - No Charge					
Adult Breakfast	\$ 2.50	Adult Lunch	\$ 4.00	Milk	\$ .50

Adults and students who purchase meals, milk or a la carte items may still use My Payments Plus just like last year. Go to [www.mypaymentsplus.com](http://www.mypaymentsplus.com) and register your self/student into the school meal pre-payment plan. This is a convenient way to securely keep your account paid in full and view your actual purchase history! If you have problems with this transaction please give Steve Slabbekoom a call at 616.819.1662

The USDA Food and Nutrition Service prohibits discrimination based on race, color, national origin, age, sex, or disability, in program access and delivery. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave SW, Washington DC, 20250-9410, or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

**Covenant House - Aug - Sept 2017**

**BREAKFAST EXPRESS**

**Each Breakfast Combo Meal Includes:** Breakfast entrée, Dannon Yogurt, Graham Crackers or Cereal, Fruit, Juice & Milk (fat free white, 1% white, fat free chocolate or fat free strawberry).

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| *Sausage & Cheese Biscuit                 | Sausage Breakfast Bagel | Egg & Cheese on Croissant                   |
| Whole Wheat French Toast Sticks           | Mini Flapsticks         | Yogurt Parfait                              |
| Turkey Bacon & Egg Breakfast              | Bagel w/Cream Cheese    | UBR- a super cookie high in protein & fiber |
| Pancakes or Waffles w/Syrup               | Pillsbury Mini Pancakes | All items may not be offered daily.         |
| Variety of Cereal, Muffins & Banana Bread |                         | *Menu Item Contains Pork.                   |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> Honey BBQ Dippers Macaroni & Cheese Green Beans Dinner Roll Ice Cold Milk	<b>29</b> Loaded Soft Shell Taco Refried Beans Frito Lay Scoops Sidekick Slushie Ice Cold Milk	<b>30</b> Chicken Alfredo Steamed Asparagus Cole's Breadstick Ice Cold Milk	<b>31</b> Turkey Chili Dog Onion Rings Steamed Carrots Mini Rice Krispie Treat Ice Cold Milk	<b>1</b> <i>No school Holiday Weekend</i>
<b>4</b>  <b>Labor Day</b>	<b>5</b> Sriracha Bites Fluffy Rice California Vegetables Ice Cold Milk	<b>6</b> Cuban Sandwich Roasted Red Potatoes Green Beans Ice Cold Milk	<b>7</b> Chicken Drumstick Macaroni & Cheese Corn Muffin Collard Greens Ice Cold Milk	<b>8</b> Beef Nachos w/ Cheese Sauce Lettuce & Tomato Refried Beans Goldfish Grahams Ice Cold Milk
<b>11</b> Tangerine Chicken Fluffy Rice Asian Vegetables Vegetable Egg Roll Ice Cold Milk	<b>12</b> Meatballs w/ Sauce Steamed Broccoli Cole's Breadstick Lemon Berry Sorbet Ice Cold Milk	<b>13</b> Turkey Sandwich Baked Beans Creamy Coleslaw SunChips Ice Cold Milk	<b>14</b> Mini Corn Dogs Onion Rings Seasoned Peas Dannon Yogurt Ice Cold Milk	<b>15</b> Popcorn Shrimp Or Chicken Spicy Potato Wedges Green Beans Cole's Garlic Toast Ice Cold Milk
<b>18</b> Chicken & Waffles Veggie Juice Cinnamon Baked Apples Ice Cold Milk	<b>19</b> Chicken Fajita Lettuce, Cheese & Salsa Refried Beans Tortilla Chips Ice Cold Milk	<b>20</b> Philly Steak Sandwich Sweet Potato Waffle Fries Green Pepper Strips w/ Ranch Ice Cold Milk	<b>21</b> Sweet Thai Chicken Fluffy Rice Malibu Vegetables Dinner Roll Ice Cold Milk	<b>22</b> Baked Meatloaf Mashed Potatoes w/ Gravy Whole Kernel Corn Cole's Breadstick Ice Cold Milk
<b>25</b> Honey BBQ Dippers Macaroni & Cheese Green Beans Cole's Breadstick Ice Cold Milk	<b>26</b> Beef Tacos Lettuce, Tomatoes & Cheese Refried Beans Frito Lay Scoops Ice Cold Milk	<b>27</b> Pasta Bake Garlic Toast Steamed Broccoli Mini Rice Krispie Treat Ice Cold Milk	<b>28</b> Turkey Chili Dog Curly Fries Seasoned Peas Goldfish Crackers Ice Cold Milk	<b>29</b> Teriyaki Chicken Fluffy Rice California Blend Vegetables Dinner Roll Ice Cold Milk

**Additional Selections - Don't forget... EACH lunch must include a fruit or vegetable.**

**Available Daily:** Cheeseburger or Chicken Patty on a Bun, Veggie Burger available upon request or Specialty Salads  
**Each Lunch Combo Meal Includes:** Choice of Entrée, Seasoned Vegetable, Fruit Selection, Fresh Choice Bar & Milk (fat free white, 1% white, fat free chocolate or fat free strawberry).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Selections	Pizza Selections	Burrito/Mexican Choices	Pizza Selections	Chicken Selections