

East Grand Rapids Elementary School - December 2016

Meal Prices: Lunch \$3.50, Reduced Lunch \$.40, Adult Lunch \$4.60, Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Cheeseburger on a Bun Crinkle Cut Fries Carrots w/Ranch Fresh Apple Ice Cold Milk	29 Ham & Cheese Calzone Baked Beans Mixed Salad Greens w/Diced Tomatoes & Ranch Fresh Kiwi Ice Cold Milk	30 Hot Dog on a Bun Tasty Onion Rings Whole Kernel Corn Petite Banana Ice Cold Milk	1 Chicken Nuggets Fresh Green Beans Broccoli w/Dip Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	2 Tony's Cheese Pizza Sweet Potato Fries Celery Sticks w/Ranch Diced Peaches Ice Cold Milk
5 Honey BBQ Dippers Macaroni & Cheese Mixed Salad Greens w/ Sliced Radish & Ranch Mandarin Oranges Ice Cold Milk	6 Philly Cheesesteak Sandwich Green Pepper Strips Carrots w/Ranch Fresh Apple Ice Cold Milk	7 Chicken Fajita Romaine Ribbons & Cheese Fresh Salsa Fiesta Black Beans Smart Cookies Fresh Banana Ice Cold Milk	8 Chicken Patty on a Bun Potato Wedges Rainbow Salad Diced Peaches Ice Cold Milk	9 Double Stuff Cheese Pizza Whole Kernel Corn Fresh Green Beans Orange Wedges Ice Cold Milk
12 Minh's Orange Chicken Asian Rice w/Edamame Broccoli w/Ranch Dinner Roll Fresh Apple Ice Cold Milk	13 Ultimate Beef Nachos Romaine Ribbons & Cheese Refried Beans Fresh Salsa Diced Pears Ice Cold Milk	14 Cuban Sandwich Cole Slaw Potato Stars Fresh Banana Ice Cold Milk	15 Chicken Drumstick Harvest Medley Crunchy Carrots Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	16 Italian Dunkers Marinara Sauce Zesty Seasoned Peas Goldfish Grahams Diced Peaches Ice Cold Milk



Holiday Break Dec 19 - Jan 2

school resumes Jan 3rd



MUNCHERS - Check with your school cook for ordering details

Lunch: Munchers & Sunbutter sandwiches available as entrée choices. Chef Salads available at K-8 & K-12 sites.

Monday - Fruit & Yogurt Muncher (Yogurt, Sunflower Butter, Celery & Carrots, Goldfish Grahams, WG Pretzels and Raisins)

Tuesday - Sunbutter Muncher (Sunwise Sunbutter Sandwich, String Cheese, Cheddar Goldfish Crackers, Potato Salad and Apple)

Wednesday - Hummus & Pita Bread (Hummus, Cottage Cheese, Pita Rounds, Broccoli/Cauliflower Blend and Pineapple)

Thursday - Fiesta Grab and Go (Tortilla Chips, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams and Fruit)

Friday - Grab & Go Breakfast for Lunch (Pillsbury Mini Maple Pancakes, String Cheese, Yogurt, Cucumbers w/Ranch and Fruit)

- Ice Cold Milk (skim milk, 1% white or fat free chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- ***Menu item contains pork.**

For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: www.gpublicschools.org/nutrition or use the QR code.



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 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 Slabbekoorn a call at 616.819.1662