

East Grand Rapids Secondary Menu - December 2016

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
28 Minh Teriyaki Chicken Fluffy Rice Key West Vegetables Cole's Breadstick Ice Cold Milk	29 Soft Shell Taco Romaine Lettuce & Cheese Pico de Gallo Refried Beans Frito Lay Scoops Ice Cold Milk	30 Ham & Cheese Calzone *Cajun Beans Carrot Sticks w/Ranch Goldfish Grahams Ice Cold Milk	1 Chicken & Waffles Sugar Snap Peas Cinnamon Baked Apples Ice Cold Milk	2 Pasta w/Italian Sauce Beef Meatballs Bosco Stick Whole Kernel Corn Ice Cold Milk
5 Szechuan Beef w/Broccoli Fluffy Rice Vegetable Egg Roll Ice Cold Milk	6 Hot Dog on a Bun Onion Rings Baked Beans Ice Cold Milk	7 Sweet Thai Chili Chicken Fluffy Rice Asian Vegetable Blend Strawberry Shortcake Ice Cold Milk	8 Cowboy Stew Seasoned Green Peas Frito Lay Scoops Ice Cold Milk	9 Chicken Fajita Romaine Lettuce & Cheese Spicy Potato Wedges Ice Cold Milk
12 Deluxe Nachos Pico de Gallo Refried Beans Dannon Yogurt Ice Cold Milk	13 Fish Fillet or Shrimp Poppers Macaroni & Cheese Seasoned Green Beans Cole's Garlic Toast Ice Cold Milk	14 Minh's Orange Chicken Fluffy Rice Broccoli w/Cheese Cole's Breadstick Ice Cold Milk	15 Cinnamon French Toast Turkey Sausage Links Potato Triangles Cinnamon Baked Apples Ice Cold Milk	16 Italian Meatball Sub Crinkle Cut Fries Red Peppers w/Ranch Goldfish Grahams Ice Cold Milk



Holiday Break
Dec 19 - Jan 2

school resumes Jan 3rd



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



Meal Prices			
Breakfast \$2.00	Lunch \$3.75	Reduced Meals \$.30/.40	Milk \$.50
Adult Meals - \$ 2.50/4.60			



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