East Grand Rapids Public Schools Secondary Menu - January 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).*

*Sausage & Cheese Biscuit
Whole Wheat French Toast Sticks
Turkey Bacon & Egg Breakfast
Pancakes or Waffles w/Syrup
Variety of Cereal, Muffins & Banana Bread

Sausage Breakfast Bagel
Mini Flapsticks
Bagel w/Cream Cheese
Pillsbury Mini Pancakes

Egg & Cheese on Croissant
Yogurt Parfait
UBR– a super cookie high in protein & fiber

All items may not be offered daily.
*Menu Item Contains Pork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3** Teriyaki Dippers Citrus Brown Rice Asian Vegetables Corn Bread Ice Cold Milk	**4** Philly Steak Sandwich Sweet Potato Fries Fresh Green Beans Ice Cold Milk	**5** Super Wet Burrito w/Red Gold Sauce Red Beans & Rice Whole Wheat Crackers Ice Cold Milk	**6** Chicken Alfredo Steamed Broccoli Cole's Garlic Toast Ice Cold Milk
9 Chicken Fajita Pico de Gallo Red Beans & Rice Frito Lay Scoops Ice Cold Milk	**10** Cuban Sandwich Malibu Vegetables Roasted Red Potatoes Lemon Berry Sorbet Ice Cold Milk	**11** Turkey Deli Sandwich Broccoli Cheese Soup Carrot Sticks w/Ranch Goldfish Grahams Ice Cold Milk	**12** Chicken & Waffles Sugar Snap Peas Cinnamon Baked Apples Ice Cold Milk	**13** Chicken Drumstick Mashed Potatoes Collard Greens Corn Bread Ice Cold Milk
16 Szechuan Beef Fluffy Rice Steamed Broccoli Vegetable Egg Roll Ice Cold Milk	**17** Hot Dog on a Bun Onion Rings Baked Beans Ice Cold Milk	**18** Sweet Thai Chili Chicken Fluffy Rice Asian Vegetable Blend Strawberry Shortcake Ice Cold Milk	**19** Pasta w/Italian Sauce Beef Meatballs Bosco Stick Steamed Green Beans Frito Lay Scoops Ice Cold Milk	**20** Baja Fish Tacos Spicy Potato Wedges Caribbean Vegetables Ice Cold Milk
23 Deluxe Nachos Pico de Gallo Refried Beans Dannon Yogurt Ice Cold Milk	**24** Honey Sriracha Chicken Pineapple Rice Seasoned Green Beans Cole's Garlic Toast Ice Cold Milk	**25** Italian Meatball Sub Crinkle Fries Red Peppers w/Ranch Goldfish Grahams Ice Cold Milk	**26** Homemade Chili Grilled Cheese Seasoned Green Peas Ice Cold Milk	**27** **No School** **Semester Break**

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 al a 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