


Grand Rapids Ellington Academy of Arts & Technology - January 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Berry Crunch Bar Cheese Stick Chicken Strips *Cajun Beans Carrots w/Ranch Diced Peaches Ice Cold Milk	4 Turkey Bacon, Egg & Cheese Boat Tasty Turkey Burger Cucumber Coins Crispy Potato Stars Fresh Banana Ice Cold Milk	5 Mini Pancakes Yogurt Cup Teriyaki Dippers Asian Rice w/Peas & Carrots Dinner Roll Broccoli Mandarin Oranges Ice Cold Milk	6 Breakfast Wrap Chicken Fajita Romaine Ribbons & Cheese Diced Tomatoes Red Beans & Rice Fresh Apple Ice Cold Milk
9 Mini Egg & Cheese Sandwich Cheeseburger on a Bun Crinkle Cut Fries Snow Balls w/Dip (Cauliflower) Diced Peaches Ice Cold Milk	10 Scrambled Eggs Blueberry Muffin Honey BBQ Dippers Macaroni & Cheese Mixed Salad Greens w/ Chickpeas & Ranch Mandarin Oranges Ice Cold Milk	11 French Toast Turkey Sausage Link Turkey Deli Sub w/Lettuce Broccoli Cheese Soup Carrot Sticks w/Ranch Petite Banana Ice Cold Milk	12 Mini Egg, Cheese & Sausage Slider Tony's Cheese Pizza Sweet Potato Fries Celery Sticks w/Hummus Pineapple Tidbits Ice Cold Milk	13 Apple Cinnamon Toast Chicken Drumstick Mashed Potatoes Collard Greens Corn Muffin Lunch Bunch Grapes Ice Cold Milk
16 Cereal Graham Crackers Fiestada Pizza Mixed Salad Greens w/ Carrots & Ranch Smart Cookies Pineapple Tidbits Ice Cold Milk	17 Cereal Graham Crackers Philly Cheesesteak Sandwich Green Pepper Strips Harvest Blend Vegetables Fresh Apple Ice Cold Milk	18 Turkey Bacon, Egg & Cheese Boat Chicken Fajita Romaine Ribbons & Cheese Fresh Salsa Red Beans & Rice Fresh Banana Ice Cold Milk	19 Waffle Stick Turkey Sausage Link Chicken Patty on a Bun Potato Smiles Rainbow Salad Orange Wedges Ice Cold Milk <div style="text-align: right;">1/2 Day</div>	20 Breakfast Wrap Double Stuff Cheese Pizza Whole Kernel Corn Calico Bean Salad Chilled Pears Ice Cold Milk <div style="text-align: right;">1/2 Day</div>
23 Turkey Sausage Breakfast Bites Homemade Chili Bosco Pretzel Stick Mixed Salad Greens w/Ranch Fresh Apple Ice Cold Milk	24 Apple Cinnamon Toast Ultimate Beef Nachos Romaine Ribbons & Cheese Refried Beans Fresh Salsa Diced Pears Ice Cold Milk	25 Cheesy Omelet Brown Sugar Bagel Cuban Sandwich Cole Slaw Waffle Cut Sweet Potato Fries Fresh Banana Ice Cold Milk	26 Turkey Sausage Gravy Breakfast Chicken Nuggets Potato Stars Crunchy Carrots Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	27 Pancake Wrap Minh's Orange Chicken Egg Roll & Fluffy Rice Broccoli Orange Wedges Fortune Cookie Ice Cold Milk

MUNCHERS - Check with your school cook for ordering details

Breakfast: Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), Orange Juice & Ice Cold Milk (skim milk, 1% white or fat free chocolate).

Grades 6-12 have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

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.grpublicschools.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