

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).

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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
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 	17 Hot Dog on a Bun Onion Rings Baked Beans Ice Cold Milk	18 Breakfast will be served Exam Day No Lunch Served	19 Breakfast will be served Exam Day No Lunch Served	20 Breakfast will be served Exam Day No Lunch Served
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 Minh's Orange Chicken Fluffy Rice Steamed Broccoli Egg Roll & Fortune Cookie 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



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 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