

East Grand Rapids Secondary - December 2018

BREAKFAST EXPRESS

Each Breakfast Meal Includes: Hot entrée (listed below) OR Cold entrée (yogurt, string cheese, graham crackers or cereal) plus fruit, 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
26 Boneless Chicken Wings Ranch Scalloped Potatoes Green Beans Elf Graham Ice Cold Milk	27 Beef Meatballs Pasta & Italian Sauce Garlic Toast California Vegetables Ice Cold Milk	28 Teriyaki Chicken Fried Rice Asian Vegetables Strawberry Shortcake Ice Cold Milk	29 Mini Corn Dogs Onion Rings Cooked Carrots Ice Cold Milk	30 Deluxe Nachos Lettuce, Tomato, Cheese Refried Beans Ice Cold Milk
3 Chicken Alfredo Pasta Garlic Breadstick Steamed Broccoli Ice Cold Milk	4 Honey BBQ Riblet Sandwich Sweet Potato Fries Sicilian Vegetables Ice Cold Milk	5 Chicken Drumstick Macaroni & Cheese Collard Greens Corn Muffin Ice Cold Milk	6 Apple Cinnamon Toast Turkey Sausage Links Potato Rounds Veggie Juice Ice Cold Milk	7 Shrimp Poppers/ Popcorn Chicken Red Beans & Rice Buffalo Cauliflower Goldfish Graham's Ice Cold Milk
10 Sloppy Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	11 Lemongrass Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	12 Hot Beef & Gravy Whole Grain Biscuit Mashed Potatoes Ice Cold Milk	13 Cuban Sandwich <i>(Turkey Ham & Swiss Cheese)</i> Cole Slaw Sun Chips Ice Cold Milk	14 Beef/Tky Soft Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
17 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	18 Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	19 Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk	20 Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	21 No School Holiday Break



Holiday Break Dec 22 to Jan 6

School resumes Jan 7th.



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, Adult Meals \$2.50/4.70, 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