

# Grand Rapids Public Schools - Satellite - December 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> Cereal Cheese Stick  Chicken Nuggets Baked Beans Garlic Toast Baby Carrots Fruit Cocktail Ice Cold Milk	<b>27</b> Cini Minis  Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Cherry Tomatoes Fresh Apple Ice Cold Milk	<b>28</b> Mini Egg & Cheese Slider  Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Grapes Ice Cold Milk	<b>29</b> Breakfast Wrap  Soft Beef Taco Lettuce, Cheese, Tomato Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	<b>30</b> French Toast Sticks  Turkey Burger Emoji Potatoes Broccoli Bites Orange Slices Ice Cold Milk
<b>3</b> Mini Maple Waffles Yogurt  Turkey Hot Dog Onion Rings Celery Sticks w/ Hummus Crisp Apple Ice Cold Milk	<b>4</b> Scrambled Eggs Muffin  Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk	<b>5</b> Chocolate Filled Crescent Roll  Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots Corn Muffin Fresh Banana Ice Cold Milk	<b>6</b> Beef Sausage Bagel w/ Cheese  Chicken Fajita Lettuce, Cheese & Diced Tomatoes Refried Beans Tostito Scoops Applesauce Cup Ice Cold Milk	<b>7</b> Pancake Wrap  Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Strawberry Cup Ice Cold Milk
<b>10</b> Mini Egg & Cheese Sandwich  Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	<b>11</b> Apple Cinnamon Toast  Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Mixed Berries Ice Cold Milk	<b>12</b> Turkey Bacon Breakfast Boat  Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	<b>13</b> Confetti Pancakes  Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	<b>14</b> Sausage Gravy Breakfast  Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Diced Peaches Ice Cold Milk
<b>17</b> Turkey Sausage Breakfast Bites  Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Fresh Apple Ice Cold Milk	<b>18</b> Cini Minis  Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Dinner Roll Strawberry Cup Ice Cold Milk	<b>19</b> Mini Egg & Cheese Slider  Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk	<b>20</b> French Toast Sticks  Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	<b>21</b> Breakfast Wrap  <b>Sack Lunch</b> Sunbutter Sandwich String Cheese Craisins & Carrot Sticks Veggie Juice Ice Cold Milk <b>1/2 Day</b>



## Holiday Break Dec 22 to Jan 6

School resumes Jan 7th.



### MUNCHERS - Check with your school cook for ordering details

**Breakfast:** Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), 100% Fruit Juice & Ice Cold Milk (skim milk, 1% white or 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** - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

**Tuesday** - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

**Wednesday** - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Mixed Fruit)

**Thursday** - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

**Friday** - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: [www.grpublicschools.org/nutrition](http://www.grpublicschools.org/nutrition) or use the QR code on the front of this menu.



\* Menu Item Contains Pork