


**Please remember to complete your Family Meal Application online at: <http://grss.mealapp.org>.
A new meal application is required each year.**

Grand Rapids Child Discovery Center - November 2018

Meal Prices: Breakfast \$1.75, Lunch \$3.00, Reduced Meals No Charge, Adult Meals \$2.50/4.00, Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Mini Egg & Cheese Sandwich Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	30 Apple Cinnamon Toast Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Fresh Kiwi Ice Cold Milk	31 Turkey Bacon Breakfast Boat Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	1 Confetti Pancakes 1/ Day - Sack Lunch Turkey Ham & Cheese Sandwich Salsa & Refried Beans Tostito Scoops Clementine Ice Cold Milk	2 No School Parent Teacher Conferences
5 Turkey Sausage Breakfast Bites Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Breadstick Pineapple Tidbits Ice Cold Milk	6 Cini Minis Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Apple Slices Ice Cold Milk	7 Sausage Gravy Breakfast Beef Nachos Lettuce, Cheese, Salsa Ranchero Beans & Rice Fresh Banana Ice Cold Milk	8 French Toast Sticks Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	9 Mini Egg & Cheese Slider Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Sorbet Ice Cold Milk
12 Mini Maple Waffles Yogurt Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Apple Slices Ice Cold Milk	13 Pancake Wrap Chicken Alfredo Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Oranges Ice Cold Milk	14 Chocolate Filled Crescent Roll Beef Burrito Baja Black Beans Carrot Sticks Smart Cookies Fresh Banana Ice Cold Milk	15 Beef Sausage Bagel w/ Cheese Confetti Pancakes Turkey Sausage Veggie Juice Strawberries Ice Cold Milk	16 Glazed Sweet Bun Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk
19 Mini Egg & Cheese Sandwich Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	20 Apple Cinnamon Toast HARVEST SPECTACULAR Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Peaches & Elf Grahams Ice Cold Milk	<p>HAPPY THANKSGIVING</p>  <p>School resumes Monday, November 26th</p>		

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 & Pineapple)

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 or use the QR code on the front of this menu.



* Menu Item Contains Pork