



Grand Rapids Public Schools - Lincoln - November 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Mini Egg & Cheese Sandwich Tangerine Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	30 Apple Cinnamon Toast Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	31 Turkey Bacon Breakfast Boat Beef Pot Roast Whole Grain Biscuit Mashed Potatoes Ice Cold Milk	1 Confetti Pancakes Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	2 Sausage Gravy Breakfast Beef/Tky Soft Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
5 Turkey Sausage Breakfast Bites Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	6 No School 	7 Mini Egg & Cheese Slider Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice Cold Milk	8 French Toast Sticks Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	9 Sausage Gravy Breakfast Deluxe Nachos Lettuce, Tomato, Cheese Refried Beans Ice Cold Milk
12 Mini Maple Waffles Yogurt Orange Chicken Fluffy Brown Rice California Vegetables Rice Krispie Bar Ice Cold Milk	13 Pancake Wrap Beef & Bean Chili Bosco Breadstick Cheese Crackers Ice Cold Milk	14 Chocolate Filled Crescent Roll Buffalo Chicken Drumstick Macaroni & Cheese Seasoned Peas Apple Cinnamon Muffin Ice Cold Milk	15 Beef Sausage Bagel w/ Cheese Cheesy Meatloaf WG Hawaiian Roll Mashed Potato w/ Gravy Ice Cold Milk	16 Glazed Sweet Bun Chicken Fajita Lettuce, Cheese, Salsa Baja Black Beans Tostitos Scoops Ice Cold Milk
19 Mini Egg & Cheese Sandwich Open Faced Chicken Parmesan on Texas Toast Steamed Broccoli Ice Cold Milk	20 Apple Cinnamon Toast HARVEST SPECTACULAR Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Diced Peaches Elf Grahams Ice Cold Milk	 <p>HAPPY THANKSGIVING</p> <p><i>School resumes Monday, November 26th</i></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 this menu.



* Menu Item Contains Pork