



# Grand Rapids Public Schools - Satellite - November 2018

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

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>29</b> Mini Egg & Cheese Sandwich<br>Chicken Tenders<br>Soft Pretzel<br>Cooked Carrots<br>Cucumbers w/ Ranch<br>Fresh Apple<br>Ice Cold Milk             | <b>30</b> Apple Cinnamon Toast<br>Cheesy Beef Meatloaf<br>Mashed Potatoes w/ Gravy<br>Green Beans<br>Dinner Roll<br>Fresh Kiwi<br>Ice Cold Milk  | <b>31</b> Turkey Bacon Breakfast Boat<br>Chicken & Cheese Quesadilla<br>Fiesta Beans & Rice<br>Romaine Salad w/ Diced Tomatoes<br>Fresh Banana<br>Ice Cold Milk          | <b>1</b> Confetti Pancakes<br>Cheesy Omelet<br>Biscuit & Jelly<br>Potato Starz<br>Broccoli<br>Zee Zee Grahams<br>Fresh Grapes<br>Ice Cold Milk | <b>2</b> Sausage Gravy Breakfast<br>Tony's 5" Round Pizza<br>Whole Kernel Corn<br>Green Pepper Strips w/ Hummus<br>Diced Peaches<br>Ice Cold Milk |
| <b>5</b> Turkey Sausage Breakfast Bites<br>Beef Teriyaki Dippers<br>Steamed Broccoli<br>Carrots w/Ranch<br>Breadstick<br>Pineapple Tidbits<br>Ice Cold Milk | <b>6</b> <b>No School</b><br>   | <b>7</b> Mini Egg & Cheese Slider<br>Beef Nachos<br>Lettuce, Cheese, Salsa<br>Ranchero Beans & Rice<br>Fresh Banana<br>Ice Cold Milk                                     | <b>8</b> French Toast Sticks<br>Chicken Sandwich<br>Sweet Potato<br>Waffle Fries<br>Cucumber Slices<br>Fruit Cocktail<br>Ice Cold Milk         | <b>9</b> Sausage Gravy Breakfast<br>Pasta Rotini<br>Garlic Toast<br>Romaine Salad w/ Garbanzo Beans<br>Sorbet<br>Ice Cold Milk                    |
| <b>12</b> Mini Maple Waffles<br>Yogurt<br>Hamburger on a Bun<br>Crinkle Cut Fries<br>Carrots w/ Ranch<br>Apple Slices<br>Ice Cold Milk                      | <b>13</b> Pancake Wrap<br>Chicken Alfredo<br>Garlic Toast<br>Romaine Salad w/ Garbanzo Beans<br>Fresh Oranges<br>Ice Cold Milk   | <b>14</b> Chocolate Filled Crescent Roll<br>Beef Burrito<br>Baja Black Beans<br>Carrot Sticks<br>Smart Cookies<br>Fresh Banana<br>Ice Cold Milk                          | <b>15</b> Beef Sausage Bagel w/ Cheese<br>Confetti Pancakes<br>Turkey Sausage<br>Veggie Juice<br>Strawberries<br>Ice Cold Milk                 | <b>16</b> Glazed Sweet Bun<br>Italian Dunkers<br>Marinara Sauce<br>Whole Kernel Corn<br>Goldfish Crackers<br>Fresh Grapes<br>Ice Cold Milk        |
| <b>19</b> Mini Egg & Cheese Sandwich<br>Mini Corn Dogs<br>Onion Rings<br>Celery w/ Hummus<br>Fresh Apple<br>Ice Cold Milk                                   | <b>20</b> Apple Cinnamon Toast<br><b>HARVEST SPECTACULAR</b><br>Turkey & Gravy<br>Mashed Potatoes<br>Fresh Green Beans<br>Dinner Roll<br>Diced Peaches<br>Elf Grahams<br>Ice Cold Milk |  <p><b>HAPPY THANKSGIVING</b></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](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



\* Menu Item Contains Pork