

# Grand Rapids Public Schools - Secondary - November 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).

\*Sausage & Cheese Biscuit  
Whole Wheat French Toast Sticks  
Turkey Bacon & Egg Breakfast  
Pancakes or Waffles w/Syrup  
Variety of Cereal, Muffins & Banana Bread

Sausage Breakfast Bagel  
Mini Flapsticks  
Bagel w/Cream Cheese  
Pillsbury Mini Pancakes

Egg & Cheese on Croissant  
Yogurt Parfait  
UBR-- a super cookie high in protein & fiber  
All items may not be offered daily.  
\*Menu Item Contains Pork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> Tangerine Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	<b>30</b> Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	<b>31</b> Beef Pot Roast Whole Grain Biscuit Mashed Potatoes Ice Cold Milk	<b>1</b> Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	<b>2</b> Beef/Tky Soft Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
<b>5</b> Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	<b>6</b> <b>No School</b> 	<b>7</b> Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk	<b>8</b> Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	<b>9</b> Deluxe Nachos Lettuce, Tomato, Cheese Refried Beans Ice Cold Milk
<b>12</b> Orange Chicken Fluffy Brown Rice California Vegetables Rice Krispie Bar Ice Cold Milk	<b>13</b> Beef & Bean Chili Bosco Breadstick Cheese Crackers Ice Cold Milk	<b>14</b> Buffalo Chicken Drumstick Macaroni & Cheese Seasoned Peas Apple Cinnamon Muffin Ice Cold Milk	<b>15</b> Cheesy Meatloaf WG Hawaiian Roll Mashed Potatos w/ Gravy Ice Cold Milk	<b>16</b> Chicken Fajita Lettuce, Cheese, Salsa Baja Black Beans Tostitos Scoops Ice Cold Milk
<b>19</b> Open Faced Chicken Parmesan on Texas Toast Steamed Broccoli Ice Cold Milk	<b>20</b> HARVEST SPECTACULAR Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Diced Peaches Elf Grahams Ice Cold Milk	<b>HAPPY THANKSGIVING</b> 		

**School resumes  
Monday, November 26th**

### 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					
Student Meals - No Charge					
Adult Breakfast	\$ 2.50	Adult Lunch	\$ 4.00	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](http://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 Slabbekoom a call at 616.819.1662