

East Grand Rapids Elementary - April 2019

Meal Prices: Lunch \$3.50, Reduced Meals \$.40, Adult Lunch \$4.70, Milk \$.50

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 8 Chicken Tenders Soft Pretzel Steamed Carrots Diced Peaches Ice Cold Milk | 9 Hamburger Crinkle Cut Fries Romaine Salad w/ Tomatoes Fresh Apple Ice Cold Milk | 10 Beef Burrito Baja Black Beans Green Pepper Strips w/ Ranch Smart Cookies Fresh Banana Ice Cold Milk | 11 Confetti Pancakes Turkey Sausage Veggie Juice Mixed Berry Cup Ice Cold Milk | 12 Italian Dunkers Marinara Sauce Seasoned Peas Goldfish Crackers Lunch Bunch Grapes Ice Cold Milk |
| 15 Mini Corn Dogs Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk | 16 Fiestada Pizza Romaine Salad w/ Carrots Goldfish Grahams Mixed Fruit Ice Cold Milk | 17 Minh's Orange Chicken Fluffy Rice Steamed Broccoli Egg Roll Fresh Banana Ice Cold Milk | 18 Cuban Sandwich (Turkey Ham & Swiss Cheese) Sweet Potato Puffs Green Pepper Strips w/ Ranch Diced Pears Ice Cold Milk | 19 Grilled Cheese Ranch Potato Wedges Three Bean Salad Fruit Sidekick Slush Ice Cold Milk |
| 22 Chicken Nuggets Baked Beans Garlic Toast Broccoli Cuts Pineapple Tidbits Ice Cold Milk | 23 Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Grape Tomatoes Diced Peaches Ice Cold Milk | 24 Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Banana Ice Cold Milk | 25 Turkey Burger on a Bun Emoji Potatoes Carrots Sticks Mandarin Oranges Ice Cold Milk | 26 Soft Beef Tacos Lettuce, Cheese Diced Tomatoes Refried Beans Tostito Scoops Apple Slices Ice Cold Milk |
| 29 Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Mixed Berry Cup Ice Cold Milk | 30 Teriyaki Chicken Asian Rice Cherry Sidekick Pineapple Tidbits Ice Cold Milk | 1 Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Carrots Corn Muffin Diced Pears Ice Cold Milk | 2 Chicken Fajita Lettuce & Cheese Diced Tomatoes Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk | 3 Sloppy Joe Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk |

MUNCHERS - Check with your school cook for ordering details

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 or use the QR code on this menu.



* Menu Item Contains Pork