

East Grand Rapids Secondary - April 2019

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
8 Lemongrass Chicken Fluffy Brown Rice California Vegetables Rice Krispie Bar Ice Cold Milk	9 Grilled Cheese Cowboy Stew Mixed Vegetables Ice Cold Milk	10 Buffalo Chicken Drumstick Potato Wedges Breadstick Ice Cold Milk	11 BBQ Meatballs Macaroni & Cheese Seasoned Peas Dinner Roll Ice Cold Milk	12 Chicken Fajita Lettuce, Cheese & Salsa Baja Black Beans Tostitos Scoops Ice Cold Milk
15 Chicken Parmesan on Texas Toast Steamed Broccoli Ice cold Milk	16 Beef & Bean Chili Bosco Stick Cheese Crackers Ice Cold Milk	17 Chicken Mashed Potato Bowl w/ Gravy Green Beans Corn Muffin Ice Cold Milk	18 Cuban Sandwich Sweet Potato Fries Malibu Vegetables Ice Cold Milk	19 Wet Burrito Spanish Rice Whole Kernel Corn Ice Cold Milk
22 Boneless Chicken Wings Ranch Scalloped Potatoes Green Beans Elf Grahams Ice Cold Milk	23 Beef Meatballs Pasta & Italian Sauce Garlic Toast California Vegetables Ice Cold Milk	24 Teriyaki Chicken Fried Rice Asian Vegetables Mixed Berry Shortcake Ice Cold Milk	25 Mini Corn Dogs Onion Rings Cooked Carrots Ice Cold Milk	26 Beef/Tky Nachos Cheese, Lettuce & Tomatoes Refried Beans Ice Cold Milk
29 Chicken Alfredo w/ Pasta Garlic Breadstick Steamed Broccoli Ice Cold Milk	30 Honey BBQ Riblet Sandwich Sweet Potato Fries Sicilian Vegetables Ice Cold Milk	1 Chicken Drumstick Macaroni & Cheese Collard Greens Corn Muffin Ice Cold Milk	2 Apple Cinnamon Toast Turkey Sausage Link Potato Rounds Veggie Juice Ice Cold Milk	3 Popcorn Chicken Red Beans & Rice Buffalo Cauliflower Goldfish Grahams Ice Cold Milk

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
Pizza Selections	Chicken Selections	Burrito/Mexican Choices	Pizza Selections	Chicken Selections



Meal Prices					
Breakfast	\$ 2.00	Lunch	\$ 3.75	Milk	\$.50
Reduced Student Meals - \$.30/.40			Adult Meals \$2.50/4.70		



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 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 Slabbekoorn a call at 616.819.1662