

# Grand Rapids Public Schools - Satellite - April 2019

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

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

## 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 & 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](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



**\* Menu Item Contains Pork**