

East Grand Rapids Secondary - February 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 |
|---|---|---|--|--|
| 4 General Tso's Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk | 5 Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk | 6 Hot Beef & Gravy WG Biscuit Mixed Vegetables Ice Cold Milk | 7 Sriracha Chicken Sandwich Cole Slaw Sun Chips Ice Cold Milk | 8 Chicken Fajita Cheese, Lettuce, Salsa Taco Fiesta Beans Tortilla Chips Ice Cold Milk |
| 11 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk | 12 Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk | 13 Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk | 14 Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk | 15 Beef/Tky Nachos Cheese, Lettuce, Tomato Refried Beans Ice Cold Milk |
| 18 No School Mid Winter Break | 19 No School Mid Winter Break | 20 Buffalo Drumstick WG Hawaiian Roll Mashed Potatoes w/ Gravy Ice Cold Milk | 21 Hot Dog Macaroni & Cheese Seasoned Peas WG Muffin Ice Cold Milk | 22 Beef Soft Taco Cheese, Lettuce, Tomato Baja Black Beans Tostitos Scoops Ice Cold Milk |
| 25 Chicken Parmesan Garlic Toast Steamed Broccoli Ice Cold Milk | 26 Grilled Cheese Cowboy Stew Mixed Vegetables Ice Cold Milk | 27 Chicken Mashed Potato Bowl w/ Gravy Green Beans WG Corn Muffin Ice Cold Milk | 28 Wet Burrito Spanish Rice Whole Kernel Corn Ice Cold Milk | 1 Cuban Sandwich Sweet Potato Fries Malibu Vegetables 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