


East Grand Rapids Elementary - January 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Grilled Cheese Ranch Potato Wedges Three Bean Salad Diced Peaches Ice Cold Milk	8 Chicken Strips Garlic Toast Romaine Salad w/ Garbanzo Beans Sliced Oranges Ice Cold Milk	9 Beef Burrito Baja Black Beans Carrots w/ Ranch Tostitos Scoops Fresh Banana Ice Cold Milk	10 Confetti Pancakes Turkey Sausage Veggie Juice Strawberry Cup Ice Cold Milk	11 Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk
14 Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Mixed Fruit Ice Cold Milk	15 Mini Corn Dogs Onion Rings Celery w/ Hummus Apple Slices Ice Cold Milk	16 Taco Meat Tortilla Scoops Cheese Cup & Salsa Broccoli Goldfish Grahams Fresh Apple Ice Cold Milk	17 Fiestada Pizza Hummus Celery Sticks Cheez It Crackers Applesauce Cup Ice Cold Milk	18 Calzone Cheese Stick Carrot Sticks Veggie Juice Cheddar Goldfish Fruit Cup Ice Cold Milk
21 <div style="text-align: center;">  No School </div>	22 Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Cherry Tomatoes Fresh Apple Ice Cold Milk	23 Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Banana Ice Cold Milk	24 Turkey Burger Emoji Potatoes Celery Sticks Orange Slices Ice Cold Milk	25 Soft Beef Taco Lettuce, Cheese, Tomato Refried Beans Tostitos Scoops Fruit Cup Ice Cold Milk
28 Sloppy Joe Onion Rings Celery Sticks w/ Hummus Crisp Apple Ice Cold Milk	29 Teriyaki Chicken Asian Rice Cherry Sidekick Pineapple Tidbits Ice Cold Milk	30 Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots Corn Muffin Diced Peaches Ice Cold Milk	31 Chicken Fajita Lettuce, Cheese & Diced Tomatoes Refried Beans Tortilla Chips Fresh Banana Ice Cold Milk	1 Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Strawberry Cup 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