

East Grand Rapids Secondary - January 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
7 Orange Chicken Fluffy Brown Rice California Vegetables Ice Cold Milk	8 Cheesy Meatloaf Hawaiian Roll Mashed Potatoes w/ Gravy Ice Cold Milk	9 Chicken Fajita Cheese, Lettuce, Salsa Baja Black Beans Tostitos Scoops Ice Cold Milk	10 Buffalo Chicken Drumstick Macaroni & Cheese Seasoned Peas Apple Cinnamon Muffin Ice Cold Milk	11 Beef & Bean Chili Bosco Breadstick Cheese Crackers Ice Cold Milk
14 Wet Burrito Spanish Rice Whole Kernel Corn Ice Cold Milk	15 Grilled Cheese Cowboy Stew Mixed Vegetables Ice Cold Milk	16 Chicken Mashed Potato Bowl w/ Gravy Green Beans Corn Muffin Ice Cold Milk	17 Open Faced Chicken Parmesan on Texas Toast (topped w/ Italian Sauce & Cheese) Steamed Broccoli Ice Cold Milk	18 Cuban Sandwich Sweet Potato Fries Malibu Vegetables Ice Cold Milk
21 No School 	22 Meatball Sub w/ Sauce & Cheese California Vegetables Ice Cold Milk	23 Teriyaki Chicken Fried Rice Asian Vegetables Strawberry Shortcake Ice Cold Milk	24 Mini Corn Dogs Onion Rings Cooked Carrots Ice Cold Milk	25 Beef/Tky Nachos Cheese, Lettuce, Tomato Refried Beans Ice Cold Milk
28 Chicken Alfredo w/ Pasta Garlic Breadstick Steamed Broccoli Ice Cold Milk	29 Honey BBQ Rib Sandwich Sweet Potato Fries Sicilian Blend Vegetables Ice Cold Milk	30 Chicken Drumstick Macaroni & Cheese Collard Greens Corn Muffin Ice cold Milk	31 Apple Cinnamon Toast Turkey Sausage Links Potato Rounds Veggie Juice Ice Cold Milk	1 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
Chicken Selections	Pizza Selections	Burrito/Mexican Choices	Pizza Selections	Chicken Selections

EGRPS
EAST GRAND RAPIDS PUBLIC SCHOOLS

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