

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



Meal Prices					
Breakfast	\$ 2.00	Lunch	\$ 3.00	Milk	\$ .50
Reduced Student Meals - No Charge			Adult Meals \$2.50/4.00		



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](http://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