

East Grand Rapids Elementary - March 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Chicken Nuggets Baked Beans Garlic Toast Broccoli Fruit Cocktail Ice Cold Milk	5 Hamburger Emoji Potatoes Carrots Diced Peaches Ice Cold Milk	6 Cheesy Omelet Biscuit w/ Jelly Potato Rounds Fresh Green Beans Zee Zee Grahams Fresh Banana Ice Cold Milk	7 Soft Beef Tacos Lettuce, Salsa, Cheese Ranchero Beans & Rice Mixed Berries Ice Cold Milk	8 Cheese Stuffed Pizza Whole Kernel Corn Romaine Salad w/ Tomatoes Fresh Apple Ice Cold Milk
11 Sloppy Joe Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk	12 Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk	13 Beef Dippers Macaroni & Cheese Romaine Salad w/ Peas Corn Muffin Strawberry Cup Ice Cold Milk	14 Chicken Fajita Lettuce & Cheese Diced Tomatoes Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	15 Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Mixed Fruit Ice Cold Milk
18 Chicken Nuggets Soft Pretzel Seasoned Peas Cucumber w/ Ranch Fresh Apple Ice Cold Milk	19 Hot Ham & Cheese Sandwich Sweet Potato Puffs Green Beans Diced Peaches Ice Cold Milk	20 Beef Nachos Lettuce, Salsa, Cheese Ranchero Beans & Rice Fresh Banana Ice Cold Milk	21 Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Mixed Berries Ice Cold Milk	22 Tony's 5" Round Pizza Whole Kernel Corn Carrots w/ Hummus Diced Pears Ice Cold Milk
25 Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Garlic Breadstick Diced Pears Ice Cold Milk	26 Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Strawberry Cup Ice Cold Milk	27 Beef Chili Grilled Cheese Cucumber Slices Apple Slices Ice Cold Milk	28 Chicken Sandwich Sweet Potato Waffle Fries Seasoned Peas Diced Peaches Ice Cold Milk	29 No School Spring Break <i>Classes resume April 9th</i>

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