

# East Grand Rapids Secondary - March 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).

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|---|-------------------------|--|
| *Sausage & Cheese Biscuit                 | Sausage Breakfast Bagel | Egg & Cheese on Croissant                    |
| Whole Wheat French Toast Sticks           | Mini Flapsticks         | Yogurt Parfait                               |
| Turkey Bacon & Egg Breakfast              | Bagel w/Cream Cheese    | UBR-- a super cookie high in protein & fiber |
| Pancakes or Waffles w/ Syrup              | Pillsbury Mini Pancakes | All items may not be offered daily.          |
| Variety of Cereal, Muffins & Banana Bread |                         | *Menu Item Contains Pork.                    |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> Boneless Chicken Wings Ranch Scalloped Potatoes Green Beans Elf Grahams Ice Cold Milk	<b>5</b> Beef Meatballs Pasta & Italian Sauce Garlic Toast California Vegetables Ice Cold Milk	<b>6</b> Teriyaki Chicken Fried Rice Asian Vegetables Strawberry Shortcake Ice Cold Milk	<b>7</b> Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	<b>8</b> Beef/Tky Nachos Cheese, Lettuce & Tomatoes Refried Beans Ice Cold Milk
<b>11</b> Chicken Alfredo w/ Pasta Garlic Breadstick Seasoned Peas Ice Cold Milk	<b>12</b> Honey BBQ Riblet Sandwich Sweet Potato Fries Sicilian Vegetables Ice Cold Milk	<b>13</b> Chicken Drumstick Mashed Potatoes w/ Gravy Collard Greens Corn Muffin Ice Cold Milk	<b>14</b> Apple Cinnamon Toast Turkey Sausage Link Potato Rounds Veggie Juice Ice Cold Milk	<b>15</b> Chicken Fajita Lettuce, Cheese & Salsa Ranchero Beans Tostitos Scoops Ice Cold Milk
<b>18</b> General Tso's Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	<b>19</b> Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	<b>20</b> Hot Dog on a Bun Macaroni & Cheese Green Beans Ice Cold Milk	<b>21</b> Sriracha Chicken Sandwich Cole Slaw Sun Chips Ice Cold Milk	<b>22</b> Beef Soft Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
<b>25</b> Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	<b>26</b> Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk	<b>27</b> Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	<b>28</b> Mini Corn Dogs Onion Rings Steamed Vegetables Ice Cold Milk	<b>29</b>  <b>No School</b> <b>Spring Break</b> <i>Classes resume April 9th</i>

### 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](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