



LIGHTHOUSE ACADEMY

August - September 2017 Menu

Welcome to another exciting school year with Grand Rapids Public Schools. We are happy to have you as customers and look forward to serving your children hot and nutritious meals again this school year. The school meals served in your school are the best value in town. GRPS Nutrition Services is proud to offer the very best in nutrition for your child.




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

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 Slabbekorn a call at 616.819.1662.

The USDA Food and Nutrition Service prohibits discrimination based on race, color, national origin, age, sex, or disability, in program access and delivery. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave SW, Washington DC, 20250-9410, or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

Lighthouse Academy - August/September 2017

● MONDAY ●	● TUESDAY ●	● WEDNESDAY ●	● THURSDAY ●	● FRIDAY ●
28 Cereal Graham Crackers Chicken Nuggets Steamed Broccoli Carrots w/ranch Corn Muffin Pineapple Tidbits Ice Cold Milk	29 Turkey Bacon Breakfast Boat Beef Tacos Lettuce, Tomato, Cheese Refried Beans Cherry Sidekick Ice Cold Milk	30 Cinni Minis Chicken Sandwich Potato Wedges Salad w/ Shredded Carrots & Ranch Banana Ice Cold Milk	31 Mini Egg & Cheese Sandwich Honey BBQ Dippers Fresh Green Beans Whole Kernel Corn Garlic Toast Mandarin Oranges Ice Cold Milk	<div style="transform: rotate(-15deg); font-weight: bold; font-size: 1.2em;"> No School Holiday Weekend </div>
4  Labor Day	5 Cereal Graham Crackers Meatballs w/ Italian Sauce Seasoned Peas Garlic Breadstick Fresh Apple Ice Cold Milk	6 Mini Egg, Cheese & Sausage Slider French Bread Cheese Pizza Celery Sticks w/ Hummus Banana Mini Rice Krispie Treat Ice Cold Milk	7 Scrambled Eggs Blueberry Muffin Cinnamon French Toast Turkey Sausage Links Fresh Blueberries Vegetable Juice Ice Cold Milk	8 Breakfast Wrap Turkey Hot Dog Onion Rings Carrots w/ Ranch Mixed Fruit Ice Cold Milk
11 Turkey Sausage Bites Chicken Tenders Baked Beans Creamy Coleslaw Garlic Toast Diced Pears Ice Cold Milk	12 Mini Pancakes Yogurt Turkey Sandwich Sweet Potato Waffle Fries Broccoli Fresh Apple Goldfish Graham Ice Cold Milk	13 Mini Egg & Cheese Sandwich Cheesy Meatloaf Fresh Asparagus Whole Kernel Corn Cole's Breadstick Banana Ice Cold Milk	14 Sausage Gravy Breakfast Cheesy Burrito Red Beans & Rice Carrots w/ Ranch Lunch Bunch Grapes Ice Cold Milk	15 Triple Berry French Toast Cuban Sandwich Potato Stars Celery Sticks Pineapple Tidbits Smart Cookies Ice Cold Milk
18 Cereal Graham Crackers Cheese Quesadilla Fiesta Black Beans Carrot Sticks Fresh Apple Goldfish Crackers Ice Cold Milk	19 Turkey Bacon Breakfast Boat Tony's Cheese Pizza Whole Kernel Corn Mixed Salad w/ Ranch Watermelon Ice Cold Milk	20 Cinni Minis Chicken Drumstick Mashed Potatoes & Gravy Fresh Green Beans Corn Muffin Banana Ice Cold Milk	21 Pancake Wrap Minh's Orange Chicken Asian Rice w/ Peas & Carrots Broccoli w/ Ranch Dinner Roll Mandarin Oranges Ice Cold Milk	22 Omelet Brown Sugar Bagel Chicken Nuggets Baked Beans Celery w/ Ranch Garlic Toast Pineapple Tidbits Ice Cold Milk
25 Apple Cinnamon Toast Teriyaki Dippers Fresh Asparagus Carrots w/ Ranch Dinner Roll Diced Peaches Ice Cold Milk	26 Mini Egg, Cheese & Sausage Slider Cheeseburger on a Bun Crinkle Cut Fries Cucumbers w/ Ranch Lunch Bunch Grapes Ice Cold Milk	27 Mini Maple Waffles Beef Taco Lettuce & Cheese Fresh Salsa Refried Beans Banana Ice Cold Milk	28 Turkey Sausage Bites Pasta Bake Mixed Salad w/ Cherry Tomatoes & Ranch Garlic Toast Fruit Sorbet Ice Cold Milk	29 Turkey Bacon Boat Fiestada Pizza Whole Kernel Corn Celery w/ Hummus Cantaloupe Goldfish Graham Ice Cold Milk

MUNCHERS - Available Sept 6th- Check with your school cook for ordering details

Breakfast: Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), 100% Fruit Juice & Ice Cold Milk (skim milk, 1% white or chocolate).

Grades 6-12 have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

Lunch: Munchers & Sunbutter Sandwiches available as entrée choices. **Chef Salads** available at K-8 & K-12 sites.

Monday—Sunbutter Muncher (Sunbutter Sandwich, Mini Cheese Cubes, Carrots w/Ranch, Goldfish Crackers & Diced Peaches)

Tuesday - Grab & Go Breakfast for Lunch (Pillsbury Mini Pancakes, Snack Mix, Yogurt, Broccoli w/Ranch & Apple)

Wednesday - Jennie-O Turkey Muncher (Turkey Stick, Hummus, Carrots, Pizza Crackers, Soft Pretzel & Watermelon Salad)

Thursday - Fiesta Grab and Go (Tortilla Chips, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Fruit)

Friday - Yogurt Muncher (Maple Grahams, Yogurt, Sunflower Spread, Celery, Crunchy Pretzels & Raisins or Craisins)

Ice Cold Milk (skim milk, 1% white or fat free 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 the front of this menu.

* **Menu Item Contains Pork**

