

# East Grand Rapids Public Schools - Secondary - end of March - April 2018

## BREAKFAST EXPRESS

**Each Breakfast Combo Meal Includes:** Breakfast entrée, Dannon Yogurt, Graham Crackers or Cereal, 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>26</b> Minh's Orange Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	<b>27</b> Beef Nachos w/ Cheese Sauce Lettuce & Tomatoes Refried Beans Smart Cookies Ice Cold Milk	<b>28</b> Mini Chicken Corn Dogs Onion Rings Whole Kernel Corn Ice Cold Milk	<b>29</b> Beef Pasta Rotini Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	<b>30</b> <b>No School Enjoy Your Spring Break!</b>
<b>SPRING BREAK - APRIL 2nd - 6th</b>				
<i>Classes resume April 9th..</i>				
<b>9</b> Chicken & Waffles Sugar Snap Peas Cinnamon Apples Ice Cold Milk	<b>10</b> Teriyaki Beef Dippers Asian Rice Steamed Carrots Dinner Roll Ice Cold Milk	<b>11</b> Chicken Drumstick Macaroni & Cheese Collard Greens Corn Muffin Ice Cold Milk	<b>12</b> Italian Beef Meatball Sub Spicy Potato Wedges Green Beans Ice Cold Milk	<b>13</b> Super Wet Burrito w/ Red Gold Sauce Red Beans & Rice Lemon Berry Sorbet Ice Cold Milk
<b>16</b> Three Cheese Calzone Crinkle Cut Fries Malibu Vegetables Ice Cold Milk	<b>17</b> Tangerine Chicken Fluffy Rice Steamed Broccoli Apple Cinnamon Muffin Ice Cold Milk	<b>18</b> Homemade Beef Chili Cheesy Pretzel Stick Seasoned Peas Goldfish Crackers Ice Cold Milk	<b>19</b> Chicken Mashed Potato Bowl w/ Gravy Whole Kernel Corn Corn Muffin Ice Cold Milk	<b>20</b> Soft Shell Beef Taco Lettuce & Cheese Tomatoes Refried Beans Tortilla Chips Ice Cold Milk
<b>23</b> Sriracha Chicken Bites Garlic Toast California Vegetables Elf Grahams Ice Cold Milk	<b>24</b> Philly Beef Cheesesteak Sub Sweet Potato Fries Green Pepper Strips Ice Cold Milk	<b>25</b> Apple Cinnamon Toast Turkey Sausage Link Potato Triangle Veggie Juice Ice Cold Milk	<b>26</b> Cheesy Beef Meatloaf Macaroni & Cheese Green Beans Dinner Roll Ice Cold Milk	<b>27</b> Chicken Fajita Lettuce, Cheese & Salsa Refried Beans Frito Lay Scoops 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 \$3.75	Reduced Meals \$ .30/.40	Milk \$ .50
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