

East Grand Rapids Public Schools - Secondary - May 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
30 Minh's Orange Chicken Fried Rice Asian Blend Vegetables Goldfish Crackers Ice Cold Milk	1 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	2 Boneless Chicken Wings Ranch Scalloped Potatoes Hawaiian Roll Ice Cold Milk	3 Cuban Sandwich Sweet Potato Fries Steamed Green Beans Ice Cold Milk	4 Popcorn Chicken / Shrimp Poppers Red Beans & Rice Buffalo Cauliflower Corn Muffin Ice Cold Milk
7 Chicken Alfredo Pasta Garlic Toast Seasoned Peas Ice Cold Milk	8 Szechuan Beef Steamed Broccoli Fluffy Rice Smart Cookies Ice Cold Milk	9 Turkey Hot Dog w/ Chili Sauce Onion Rings Whole Kernel Corn Ice Cold Milk	10 Turkey & Cheese Sandwich Broccoli Cheese Soup Steamed Carrots Ice cold Milk	11 Super Wet Burrito Fiesta Black Beans Lemon Berry Sorbet Ice Cold Milk
14 Three Cheese Calzone Spicy Potato Wedges Malibu Vegetables Ice Cold Milk	15 Teriyaki Beef Dippers Fried Rice Vegetable Egg Roll Ice Cold Milk	16 Chicken Drumstick Mac & Cheese Collard Greens Corn Muffin Ice Cold Milk	17 Beef Meatballs w/ Pasta & Sauce Breadstick Steamed Broccoli Ice Cold Milk	18 Chicken Fajita Lettuce, Tomato & Cheese Refried Beans Tostito's Scoops Ice Cold Milk
21 Cheesy Meatloaf Mashed Potatoes w/ Gravy Steamed Green Beans Dinner Roll Ice Cold Milk	22 Chicken & Waffles Sugar Snap Peas Cinnamon Baked Apples Ice Cold Milk	23 Walking Beef Nachos Lettuce & Tomato Cheese Sauce Refried Beans Ice Cold Milk	24 Mini Turkey Corn Dogs Crinkle Cut Fries Steamed Carrots Goldfish Graham's Ice Cold Milk	25 Manager's Choice

No School on Monday - Holiday

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 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