

East Grand Rapids Elementary - December 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Chicken Nuggets Baked Beans Garlic Toast Baby Carrots Fruit Cocktail Ice Cold Milk	27 Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Cherry Tomatoes Fresh Apple Ice Cold Milk	28 Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Grapes Ice Cold Milk	29 Soft Beef Taco Lettuce, Cheese, Tomato Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	30 Turkey Burger Emoji Potatoes Broccoli Bites Orange Slices Ice Cold Milk
3 Turkey Hot Dog Onion Rings Celery Sticks w/ Hummus Crisp Apple Ice Cold Milk	4 Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk	5 Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots Corn Muffin Fresh Banana Ice Cold Milk	6 Chicken Fajita Lettuce, Cheese & Diced Tomatoes Refried Beans Tostito Scoops Applesauce Cup Ice Cold Milk	7 Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Strawberry Cup Ice Cold Milk
10 Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	11 Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Mixed Berries Ice Cold Milk	12 Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	13 Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	14 Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Diced Peaches Ice Cold Milk
17 Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Fresh Apple Ice Cold Milk	18 Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Dinner Roll Strawberry Cup Ice Cold Milk	19 Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk	20 Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	21 No School Holiday Break



Holiday Break Dec 22 to Jan 6

School resumes Jan 7th.



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