

# East Grand Rapids Secondary - December 2018

## 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).

\*Sausage & Cheese Biscuit  
Whole Wheat French Toast Sticks  
Turkey Bacon & Egg Breakfast  
Pancakes or Waffles w/Syrup  
Variety of Cereal, Muffins & Banana Bread

Sausage Breakfast Bagel  
Mini Flapsticks  
Bagel w/Cream Cheese  
Pillsbury Mini Pancakes

Egg & Cheese on Croissant  
Yogurt Parfait  
UBR-- a super cookie high in protein & fiber  
All items may not be offered daily.  
\*Menu Item Contains Pork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> Boneless Chicken Wings Ranch Scalloped Potatoes Green Beans Elf Graham Ice Cold Milk	<b>27</b> Beef Meatballs Pasta & Italian Sauce Garlic Toast California Vegetables Ice Cold Milk	<b>28</b> Teriyaki Chicken Fried Rice Asian Vegetables Strawberry Shortcake Ice Cold Milk	<b>29</b> Mini Corn Dogs Onion Rings Cooked Carrots Ice Cold Milk	<b>30</b> Deluxe Nachos Lettuce, Tomato, Cheese Refried Beans Ice Cold Milk
<b>3</b> Chicken Alfredo Pasta Garlic Breadstick Steamed Broccoli Ice Cold Milk	<b>4</b> Honey BBQ Riblet Sandwich Sweet Potato Fries Sicilian Vegetables Ice Cold Milk	<b>5</b> Chicken Drumstick Macaroni & Cheese Collard Greens Corn Muffin Ice Cold Milk	<b>6</b> Apple Cinnamon Toast Turkey Sausage Links Potato Rounds Veggie Juice Ice Cold Milk	<b>7</b> Shrimp Poppers/ Popcorn Chicken Red Beans & Rice Buffalo Cauliflower Goldfish Graham's Ice Cold Milk
<b>10</b> Sloppy Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	<b>11</b> Lemongrass Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	<b>12</b> Hot Beef & Gravy Whole Grain Biscuit Mashed Potatoes Ice Cold Milk	<b>13</b> Cuban Sandwich (Turkey Ham & Swiss Cheese) Cole Slaw Sun Chips Ice Cold Milk	<b>14</b> Beef/Tky Soft Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
<b>17</b> Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	<b>18</b> Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	<b>19</b> Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk	<b>20</b> Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	<b>21</b> <b>No School Holiday Break</b>



## Holiday Break Dec 22 to Jan 6

School resumes Jan 7th.



**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, Adult Meals \$2.50/4.70, 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](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