

East Grand Rapids Secondary - February 2019

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
4 General Tso's Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	5 Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	6 <b style="color: red;">Menu Change French Toast Sticks Sausage Links Cinnamon Apples	7 Sriracha Chicken Sandwich Cole Slaw Sun Chips Ice Cold Milk	8 Chicken Fajita Cheese, Lettuce, Salsa Taco Fiesta Beans Tortilla Chips Ice Cold Milk
11 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	12 Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	13 Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk	14 Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	15 Beef/Tky Nachos Cheese, Lettuce, Tomato Refried Beans Ice Cold Milk
18 No School Mid Winter Break	19 No School Mid Winter Break	20 Buffalo Drumstick WG Hawaiian Roll Mashed Potatoes w/ Gravy Ice Cold Milk	21 Hot Dog Macaroni & Cheese Seasoned Peas WG Muffin Ice Cold Milk	22 Beef Soft Taco Cheese, Lettuce, Tomato Baja Black Beans Tostitos Scoops Ice Cold Milk
25 Chicken Parmesan Garlic Toast Steamed Broccoli Ice Cold Milk	26 Grilled Cheese Cowboy Stew Mixed Vegetables Ice Cold Milk	27 Chicken Mashed Potato Bowl w/ Gravy Green Beans WG Corn Muffin Ice Cold Milk	28 Wet Burrito Spanish Rice Whole Kernel Corn Ice Cold Milk	1 Cuban Sandwich Sweet Potato Fries Malibu Vegetables 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
Pizza Selections	Chicken Selections	Burrito/Mexican Choices	Pizza Selections	Chicken Selections



Meal Prices					
Breakfast	\$ 2.00	Lunch	\$ 3.75	Milk	\$.50
Reduced Student Meals - \$.30/.40			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