

East Grand Rapids Secondary - March 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).

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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
4 Boneless Chicken Wings Ranch Scalloped Potatoes Green Beans Elf Grahams Ice Cold Milk	5 Beef Meatballs Pasta & Italian Sauce Garlic Toast California Vegetables Ice Cold Milk	6 Teriyaki Chicken Fried Rice Asian Vegetables Strawberry Shortcake Ice Cold Milk	7 Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	8 Beef/Tky Nachos Cheese, Lettuce & Tomatoes Refried Beans Ice Cold Milk
11 Chicken Alfredo w/ Pasta Garlic Breadstick Seasoned Peas Ice Cold Milk	12 Honey BBQ Riblet Sandwich Sweet Potato Fries Sicilian Vegetables Ice Cold Milk	13 Chicken Drumstick Mashed Potatoes w/ Gravy Collard Greens Corn Muffin Ice Cold Milk	14 Apple Cinnamon Toast Turkey Sausage Link Potato Rounds Veggie Juice Ice Cold Milk	15 Chicken Fajita Lettuce, Cheese & Salsa Ranchero Beans Tostitos Scoops Ice Cold Milk
18 General Tso's Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	19 Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	20 Hot Dog on a Bun Macaroni & Cheese Green Beans Ice Cold Milk	21 Sriracha Chicken Sandwich Cole Slaw Sun Chips Ice Cold Milk	22 Beef Soft Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
25 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	26 Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk	27 Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	28 Mini Corn Dogs Onion Rings Steamed Vegetables Ice Cold Milk	29 No School Spring Break <i>Classes resume April 8th</i>

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