

**Please remember to complete your Family Meal Application online at: <http://egrps.mealapp.org>.
A new meal application is required each year.**

East Grand Rapids Elementary - November 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	30 Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Fresh Kiwi Ice Cold Milk	31 Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	1 Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	2 Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Diced Peaches Ice Cold Milk
5 Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Breadstick Pineapple Tidbits Ice Cold Milk	6 Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Apple Slices Ice Cold Milk	7 Beef Nachos Lettuce, Cheese, Salsa Ranchero Beans & Rice Fresh Banana Ice Cold Milk	8 Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	9 Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Sorbet Ice Cold Milk
12 Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Apple Slices Ice Cold Milk	13 Chicken Alfredo Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Oranges Ice Cold Milk	14 Beef Burrito Baja Black Beans Carrot Sticks Smart Cookies Fresh Banana Ice Cold Milk	15 Confetti Pancakes Turkey Sausage Veggie Juice Strawberries Ice Cold Milk	16 Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk
19 Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	20 HARVEST SPECTACULAR Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Diced Peaches Elf Grahams Ice Cold Milk	<div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: center; margin-right: 20px;"> <p style="font-size: 2em; font-weight: bold; transform: rotate(-15deg);">HAPPY THANKSGIVING</p> </div>  </div> <p style="text-align: right; margin-top: 10px;">School resumes Monday, November 26th</p>		

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 & Pineapple)

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**