

**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 Secondary - November 2018

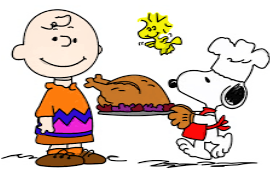
BREAKFAST EXPRESS

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
29 Tangerine Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	30 Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	31 Beef Pot Roast Whole Grain Biscuit Mashed Potatoes Ice Cold Milk	1 Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	2 Beef/Tky Soft Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
5 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	6 Sriracha Chicken Sandwich Cole Slaw Sun Chips Ice Cold Milk	7 Beef Teriyaki Dippers Vegetable Chow Mein Dinner Roll Lemon Berry Sorbet Ice cold Milk	8 Turkey & Cheese Sandwich Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	9 Deluxe Nachos Lettuce, Tomato, Cheese Refried Beans Ice Cold Milk
12 Orange Chicken Fluffy Brown Rice California Vegetables Rice Krispie Bar Ice Cold Milk	13 Beef & Bean Chili Bosco Breadstick Cheese Crackers Ice Cold Milk	14 Buffalo Chicken Drumstick Macaroni & Cheese Seasoned Peas Apple Cinnamon Muffin Ice Cold Milk	15 Cheesy Meatloaf WG Hawaiian Roll Mashed Potato w/ Gravy Ice Cold Milk	16 Chicken Fajita Lettuce, Cheese, Salsa Baja Black Beans Tostitos Scoops Ice Cold Milk
19 Open Faced Chicken Parmesan on Texas Toast Steamed Broccoli Ice Cold Milk	20 HARVEST SPECTACULAR Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Peaches & Elf Grahams Ice Cold Milk	<div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: center;"> <p style="font-size: 2em; font-weight: bold; transform: rotate(-15deg);">HAPPY THANKSGIVING</p> </div> <div style="margin: 0 20px;">  </div> <div style="text-align: right;"> <p style="font-weight: bold; margin: 0;">School resumes Monday, November 26th</p> </div> </div>		

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 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