

**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 - October 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Fresh Apple Ice Cold Milk	2 Chicken Alfredo Garlic Toast Romaine Salad w/ Garbanzo Beans Oranges Ice Cold Milk	3 Beef Burrito Baja Black Beans Carrots w/ Ranch Cookie Cup Banana Ice Cold Milk	4 Confetti Pancakes Turkey Sausage Veggie Juice Strawberries Ice Cold Milk	5 Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Grapes Ice Cold Milk
8 Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	9 Cuban Sandwich <i>(Turkey Ham & Swiss)</i> Sweet Potato Puffs Green Pepper Strips w/ Ranch Diced Pears Ice Cold Milk	10 Minh's Orange Chicken Chow Mein Vegetable Egg Roll Emoji Ice Ice Cold Milk	11 Grilled Cheese Ranch Potato Wedges Three Bean Salad Banana Ice Cold Milk	12 Fiestada Pizza Romaine Salad w/ Carrots Goldfish Grahams Watermelon Ice Cold Milk
15 Chicken Nuggets Baked Beans Garlic Toast Broccoli Fresh Strawberries Ice Cold Milk	16 Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Grape Tomatoes Fresh Apple Ice Cold Milk	17 Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Banana Ice Cold Milk	18 Turkey Burger on a Bun Emoji Potatoes Carrots w/ Ranch Fresh Kiwi Ice Cold Milk	19 Soft Beef Taco Lettuce, Tomato, Cheese Refried Beans Tostito Scoops Grapes Ice Cold Milk
22 Sloppy Joe Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	23 Teriyaki Chicken Fried Rice Cherry Sidekick Pineapple Tidbits Ice Cold Milk	24 Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots & Ranch Corn Muffin Watermelon Ice Cold Milk	25 Chicken Fajita Lettuce, Cheese, Pico Refried Beans Goldfish Crackers Fresh Banana Ice Cold Milk	26 No School Parent Teacher Conferences

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 the front of this menu.



* Menu Item Contains Pork