

**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 - October 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	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
1 Orange Chicken Fluffy Rice California Vegetables Rice Krispie Treat Ice Cold Milk	2 Beef & Bean Chili Bosco Breadstick Cheese Crackers Ice Cold Milk	3 Spicy Chicken Tenders Macaroni & Cheese Seasoned Peas Ice Cold Milk	4 Cheesy Meatloaf WG Hawaiian Roll Mashed Potato w/ Gravy Ice Cold Milk	5 Chicken Fajita Lettuce, Salsa & Cheese Baja Black Beans Tostito Scoops Ice Cold Milk
8 Chicken Parmesan Garlic Toast Steamed Broccoli Ice Cold Milk	9 Grilled Cheese Cowboy Stew Mixed Vegetables Ice Cold Milk	10 Chicken Mashed Potato Bowl w/ Gravy Green Beans Corn Muffin Ice Cold Milk	11 Cuban Sandwich Sweet Potato Fries Malibu Vegetables Ice Cold Milk	12 Wet Burrito Spanish Rice Whole Kernel Corn Ice Cold Milk
15 Boneless Chicken Wings Ranch Scalloped Potatoes Green Beans Elf Graham Ice Cold Milk	16 Beef Meatballs Pasta & Italian Sauce Garlic Toast California Vegetables Ice Cold Milk	17 Teriyaki Chicken Fried Rice Asian Vegetables Strawberry Shortcake Ice Cold Milk	18 Mini Corn Dogs Onion Rings Cooked Carrots Ice Cold Milk	19 Deluxe Nachos Lettuce, Tomato, Cheese Refried Beans Ice Cold Milk
22 Chicken Alfredo Pasta Garlic Breadstick Steamed Broccoli Ice Cold Milk	23 Honey BBQ Riblet Sandwich Sweet Potato Fries Sicilian Vegetables Ice Cold Milk	24 Chicken Drumstick Macaroni & Cheese Collard Greens Corn Muffin Ice Cold Milk	25 Apple Cinnamon Toast Turkey Sausage Links Potato Rounds Veggie Juice Ice cold Milk	26 Popcorn Chicken / Shrimp Poppers Red Beans & Rice Buffalo Cauliflower Goldfish Graham's 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
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