

# EGRPS

EAST GRAND RAPIDS PUBLIC SCHOOLS

September  
2018 Secondary Menu

Welcome to another exciting school year with Grand Rapids Public Schools. We are happy to have you as customers and look forward to serving your children hot and nutritious meals again this school year. Please remember to complete your Family Meal Application online at: <http://egrps.mealapp.org>. A new meal application is required each year. All school meals served in your school are the best value in town. GRPS Nutrition Services is proud to partner with your school to offer the very best in nutrition for your child.



| Meal Prices                |              |                          |             |
|----------------------------|--------------|--------------------------|-------------|
| Breakfast \$2.00           | Lunch \$3.75 | Reduced Meals \$ .30/.40 | Milk \$ .50 |
| 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](http://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

The USDA Food and Nutrition Service prohibits discrimination based on race, color, national origin, age, sex, or disability, in program access and delivery. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave SW, Washington DC, 20250-9410, or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

# East Grand Rapids Secondary - Sept 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  |
|--|---|---|---|---|
| <b>3</b> <b>Labor Day</b><br> | <b>4</b><br>Beef Meatballs<br>Pasta & Italian Sauce<br>Garlic Toast<br>California Vegetables<br>Ice Cold Milk | <b>5</b><br>Teriyaki Chicken<br>Fried Rice<br>Asian Vegetables<br>Strawberry Shortcake<br>Ice Cold Milk       | <b>6</b><br>Mini Corn Dogs<br>Onion Rings<br>Cooked Carrots<br>Ice Cold Milk                                | <b>7</b><br>Deluxe Nachos<br>Lettuce, Tomato, Cheese<br>Refried Beans<br>Ice Cold Milk  |
| <b>10</b><br>Chicken Alfredo Pasta<br>Garlic Breadstick<br>Steamed Broccoli<br>Ice Cold Milk                   | <b>11</b><br>Honey BBQ<br>Riblet Sandwich<br>Sweet Potato Fries<br>Sicilian Vegetables<br>Ice Cold Milk       | <b>12</b><br>Chicken Drumstick<br>Mac & Cheese<br>Collard Greens<br>Corn Muffin<br>Ice Cold Milk              | <b>13</b><br>Apple Cinnamon Toast<br>Turkey Sausage Links<br>Potato Rounds<br>Veggie Juice<br>Ice cold Milk | <b>14</b><br>Popcorn Chicken /<br>Shrimp Poppers<br>Red Beans & Rice<br>Buffalo Cauliflower<br>Goldfish Graham's<br>Ice Cold Milk |
| <b>17</b><br>General Tso's Chicken<br>Fluffy Rice<br>Vegetable Egg Roll<br>Ice Cold Milk                       | <b>18</b><br>Sloppy Joe/Taco Joe<br>Spicy Potato Wedges<br>Cooked Carrots<br>Ice Cold Milk                    | <b>19</b><br>Hot Beef & Gravy<br>on a Biscuit<br>Whole Kernel Corn<br>Green Beans<br>Ice Cold Milk            | <b>20</b><br>Sriracha Chicken<br>Sandwich<br>Cole Slaw<br>Sun Chips<br>Ice Cold Milk                        | <b>21</b><br>Soft Taco<br>Lettuce, Tomato &<br>Cheese<br>Taco Fiesta Beans<br>Smart Cookies<br>Ice Cold Milk                      |
| <b>24</b><br>Pasta Bake<br>Garlic Breadstick<br>Steamed Broccoli<br>Ice Cold Milk                              | <b>25</b><br>Chicken & Waffles<br>Sugar Snap Peas<br>Cinnamon Baked Apples<br>Ice Cold Milk                   | <b>26</b><br>Teriyaki Beef Dippers<br>Vegetable Lo Mein<br>Dinner Roll<br>Lemon Berry Sorbet<br>Ice Cold Milk | <b>27</b><br>Turkey & Cheese<br>Sandwich<br>Broccoli Cheese Soup<br>Steamed Carrots<br>Ice Cold Milk        | <b>28</b><br>Deluxe Nachos<br>Lettuce, Cheese, Salsa<br>Refried Beans<br>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 |



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