


# East Grand Rapids Elementary - May 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Chicken Tenders Soft Pretzel Steamed Carrots Broccoli w/ Ranch Fresh Apple Ice Cold Milk	<b>7</b> Hot Dog Crinkle Cut Fries Fresh Asparagus Mixed Fruit Ice Cold Milk	<b>8</b> Chicken Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	<b>9</b> Cheesy Omelet Biscuit & Jelly Potato Starz Zee Zee Grahams Veggie Juice Diced Peaches Ice Cold Milk	<b>10</b> Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Lunch Bunch Grapes Ice Cold Milk
<b>13</b> Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Garlic Breadstick Pineapple Tidbits Ice Cold Milk	<b>14</b> Chicken Drumstick Corn Muffin Mashed Potatoes w/ Gravy Cucumber Coins Fresh Apple Ice Cold Milk	<b>15</b> Confetti Pancakes Turkey Sausage Fresh Green Beans Veggie Juice Fresh Strawberries Ice Cold Milk	<b>16</b> Chicken Sandwich Sweet Potato Waffle Fries Celery Sticks Diced Peaches Ice Cold Milk	<b>17</b> Beef Nachos Lettuce, Salsa, Cheese Ranchero Beans & Rice Sorbet Ice Cold Milk
<b>20</b> Beef Burrito Baja Black Beans Carrots w/ Ranch Tostitos Scoops Diced Pears Ice Cold Milk	<b>21</b> Turkey & Cheese Croissant Broccoli Cheese Soup Celery Sticks Lunch Bunch Grapes Ice Cold Milk	<b>22</b> Hamburger on a Bun Crinkle Cut Fries Fresh Asparagus Fresh Apple Ice Cold Milk	<b>23</b> Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk	<b>24</b> Cheese Pizza Carrot Sticks Veggie Juice Cheddar Goldfish Fruit Cup Ice Cold Milk
<b>27</b> <b>Memorial Day</b> 	<b>28</b> Grilled Cheese Ranch Potato Wedges Three Bean Salad Fresh Apple Ice Cold Milk	<b>29</b> Cinnamon Toast Pastry Turkey Sausage Broccoli w/ Ranch Veggie Juice Fresh Banana Ice Cold Milk	<b>30</b> Chicken Patty on a Bun Celery w/ Hummus Pineapple Cup Sun Chips Ice Cold Milk	<b>31</b> Beef Nachos Nacho Cheese Cup Lettuce, Tomatoes Refried Beans Goldfish Grahams Applesauce Cup Ice Cold Milk

## MUNCHERS - Available until May 24th



**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 & Mixed Fruit)

**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](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



\* Menu Item Contains Pork