

East Grand Rapids High School - May 2019

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
6 Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	7 General Tso's Chicken Fluffy Rice Vegetable Egg Roll Ice Cold Milk	8 Beef Pot Roast w/ Gravy & Biscuit Mashed Potatoes Ice Cold Milk	9 Sriracha Chicken Bites Fresh Asparagus Garlic Bread Ice Cold Milk	10 Beef/Tky Soft Taco Cheese, Lettuce & Tomatoes Taco Fiesta Beans Smart Cookies Ice Cold Milk
13 Pasta Bake Garlic Breadstick Steamed Broccoli Ice cold Milk	14 Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	15 Beef Teriyaki Dippers Fried Rice Dinner Roll Lemon Berry Sorbet Ice Cold Milk	16 Turkey & Cheese Sandwich Broccoli Cheese Soup Ice Cold Milk	17 Deluxe Beef/Tky Nachos Cheese, Lettuce & Tomatoes Refried Beans Ice Cold Milk
20 Orange Chicken Fluffy Brown Rice California Vegetables Rice Krispie Bar Ice Cold Milk	21 Chili Dogs Tater Tots Fruit Slush Ice Cold Milk	22 Buffalo Chicken Drumstick Potato Wedges Breadstick Ice Cold Milk	23 BBQ Meatballs Macaroni & Cheese Seasoned Peas Dinner Roll Ice Cold Milk	24 Chicken Fajita Lettuce, Cheese & Salsa Baja Black Beans Tostitos Scoops Ice Cold Milk
27 Memorial Day 	28 Chef's Choice	29 Chicken Mashed Potato Bowl w/ Gravy Green Beans Corn Muffin Ice Cold Milk	30 Cuban Sandwich Sweet Potato Fries Malibu Vegetables Ice Cold Milk	31 Wet Burrito Spanish Rice Whole Kernel Corn 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
Pizza Selections	Chicken Selections	Burrito/Mexican Choices	Pizza Selections	Chicken Selections



Meal Prices					
Breakfast	\$ 2.00	Lunch	\$ 3.75	Milk	\$.50
Reduced Student Meals - \$.30/.40			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 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