

# East Grand Rapids Elementary - Nov 2019

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

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| <b>28</b><br>Chicken Tenders<br>Pretzel Stick<br>Steamed Carrots<br>Celery Sticks<br>Mixed Fruit<br>Ice Cold Milk             | <b>29</b><br>Turkey Ham &<br>Cheese Pocket<br>Broccoli Cheese Soup<br>Fresh Green Beans<br>Sliced Apples<br>Ice Cold Milk            | <b>30</b><br>Teriyaki Chicken<br>Asian Rice w/<br>Peas & Carrots<br>Mini Sweet Peppers<br>Fresh Banana<br>Ice Cold Milk     | <b>31</b><br>Beef & Bean Burrito<br>Red Beans & Rice<br>Romaine Lettuce w/<br>Garbanzo Beans<br>Orange Sidekick Slush<br>Ice Cold Milk              | <b>1</b><br>Italian Dunkers<br>Marinara Sauce<br>Whole Kernel Corn<br>Lunch Bunch Grapes<br>Ice Cold Milk                         |
| <b>4</b><br>Hot Dog on a Bun<br>Onion Rings<br>Celery Sticks w/<br>Hummus<br>Fresh Apple<br>Ice Cold Milk                     | <b>5</b><br>Honey BBQ Dippers<br>Macaroni & Cheese<br>Romaine Salad w/<br>Carrot Sticks<br>Cornbread<br>Mixed Fruit<br>Ice Cold Milk | <b>6</b><br>Cheesy Egg Omelet<br>Banana Bread<br>Emoji Potatoes<br>Broccoli<br>Fresh Banana<br>Ice Cold Milk                | <b>7</b><br>Chicken & Cheese<br>Quesadilla<br>Fiesta Black Beans<br>Cucumber Slices<br>Lunch Bunch Grapes<br>Tortilla Scoops<br>Ice Cold Milk       | <b>8</b><br>Tony's Cheese Pizza<br>Spicy Potato Wedges<br>Carrot Sticks<br>Mixed Berry Cup<br>Ice Cold Milk                       |
| <b>11</b><br>Chicken Nuggets<br>Garlic Toast<br>Baked Beans<br>Fresh Broccoli<br>Diced Pears<br>Ice Cold Milk                 | <b>12</b><br>Hamburger on a Bun<br>Crinkle Cut Fries<br>Carrot Sticks<br>Fresh Apple<br>Ice Cold Milk                                | <b>13</b><br>Apple Cinnamon<br>Texas Toast<br>Turkey Sausage Link<br>Veggie Juice<br>Fresh Banana<br>Ice Cold Milk          | <b>14</b><br>Soft Shell Beef Taco<br>Lettuce, Cheese<br>& Red Gold Salsa<br>Refried Beans<br>Tortilla Scoops<br>Lemon Berry Sorbet<br>Ice Cold Milk | <b>15</b><br>Turkey Pepperoni<br>Stuffed Crust Pizza<br>Whole Kernel Corn<br>Tomatoes w/ Hummus<br>Diced Peaches<br>Ice Cold Milk |
| <b>18</b><br>Teriyaki Dippers<br>Garlic Breadstick<br>Steamed Broccoli<br>Carrot Sticks<br>Pineapple Tidbits<br>Ice Cold Milk | <b>19</b><br>Grilled Cheese<br>Ranch Potato Wedge<br>Three Bean Salad<br>Applesauce Cup<br>Ice Cold Milk                             | <b>20</b><br>Pasta Bake<br>Garlic Toast<br>Romaine Lettuce w/<br>Garbanzo Beans<br>Fresh Banana<br>Ice Cold Milk            | <b>21</b><br>Chicken Patty<br>on a Bun<br>Sweet Potato Fries<br>Fresh Broccoli<br>Apple Slices<br>Ice Cold Milk                                     | <b>22</b><br>Italian Dunkers<br>Marinara Sauce<br>California Vegetables<br>Strawberry Cup<br>Ice Cold Milk                        |
| <b>25</b><br>Mini Corn Dogs<br>Onion Rings<br>Celery Sticks<br>Fresh Apple<br>Ice Cold Milk                                   | <b>26</b><br>Chicken Drumstick<br>Mashed Potatoes w/ Gravy<br>Carrot Sticks<br>Cornbread<br>Peach Cup<br>Ice Cold Milk               | <p style="font-size: 1.2em; font-family: cursive;">Enjoy your Thanksgiving Holiday.<br/>School resumes on December 2nd.</p> |   |   |

## 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**—Sunbutter Sandwich (Cheese Stick, Cheez Its, Carrots w/ Ranch & Peach Cup)

**Tuesday** - BLT Salad Muncher (Lettuce Blend, Grape Tomatoes, Shredded Cheese, Turkey Bacon, Croutons w/ Ranch, Grapes & Chocolate Cookie)

**Wednesday** - Wings & More (Chicken Wings, Cheese Cubes, Corn Salad, Snap Peas w/ Ranch, Apple & Lemon Bread)

**Thursday** - Chicken Wrap Muncher (Shredded Chicken, Shredded Cheese, Refried Beans, Salsa, Tortilla, Tortilla Scoops & a Clementine)

**Friday** - Yogurt Muncher (Yogurt, Hearty Granola, Blueberry Muffin, Sunbutter Spread, Celery Sticks and Apple Slices)

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 the menu.



**\* Menu Item Contains Pork**