



# October 2019 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. The 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.**

**Check out our new menu program on the Grand Rapids Public School website under Nutrition Services. You may also download the app from Google Play or the Apple Store.**



Meal Prices		
Lunch \$ 3.50	Reduced Meals \$ .40	Milk \$ .50
Adult Meals - \$ 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 yourself/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 Elementary - Oct 2019

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

MONDAY	~TUESDAY~	~WEDNESDAY~	~THURSDAY~	~FRIDAY~
<b>30</b> Chicken Nuggets Baked Beans Garlic Toast Broccoli w/ Ranch Mixed Fruit Ice Cold Milk	<b>1</b> Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Fresh Apple Ice Cold Milk	<b>2</b> Apple Cinnamon Toast Turkey Sausage Veggie Juice Fresh Banana Ice Cold Milk	<b>3</b> Beef Taco Lettuce, Cheese & Salsa Refried Beans Lemon Berry Sorbet Tostitos Scoops Ice Cold Milk	<b>4</b> Turkey Pepperoni Pizza Whole Kernel Corn Grape Tomatoes w/ Hummus Diced Peaches Ice Cold Milk
<b>7</b> Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Garlic Breadstick Pineapple Tidbits Ice Cold Milk	<b>8</b> Grilled Cheese Ranch Potato Wedges Three Bean Salad ZeeZee Applesauce Cup Ice Cold Milk	<b>9</b> Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk	<b>10</b> Chicken Sandwich Sweet Potato Fries Broccoli w/ Ranch Apple Slices Ice Cold Milk	<b>11</b> Italian Dunkers Marinara Sauce California Vegetables Mixed Berry Cup Goldfish Grahams Ice Cold Milk
<b>14</b> Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	<b>15</b> Chicken Drumstick Roasted Red Potatoes Grape Tomatoes w/ Ranch Corn Muffin Mixed Fruit Ice Cold Milk	<b>16</b> Minh's Orange Chicken Fluffy Brown Rice Fresh Broccoli w/ Ranch Cherry Sidekick Fresh Banana Ice Cold Milk	<b>17</b> Beef Nachos Lettuce, Cheese & Tomatoes Taco Fiesta Beans ZeeZee Applesauce Cup Ice Cold Milk	<b>18</b> Turkey Pepperoni Pizza Whole Kernel Corn Carrots w/ Ranch Diced Peaches Ice Cold Milk
<b>21</b> Sloppy Joe Emoji Potatoes Carrots w/ Ranch Diced Pears Ice Cold Milk	<b>22</b> Chicken Alfredo Garlic Toast Romaine Salad w/ Tomatoes Apple Slices Ice Cold Milk	<b>23</b> Confetti Pancakes Turkey Sausage Veggie Juice Fresh Banana Ice Cold Milk	<b>24</b> Chicken Fajita Lettuce, Cheese, Salsa Refried Beans Tostitos Scoops Strawberry Cup Ice Cold Milk	<b>25</b> <b>No School                      Parent Teacher                      Conferences</b>

**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**