



August 2019 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. 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.



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 ala 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 Slabbekorn 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 Public Schools Secondary - August 2019

BREAKFAST EXPRESS

Each Breakfast Combo Meal Includes: Breakfast entrée, Dannon Yogurt, Graham Crackers or Cereal, Fruit, Juice & Milk (fat free white, 1% white, fat free chocolate or fat free strawberry).

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| Assorted Breakfast Sandwiches | Breakfast Wraps | UBR– a super cookie high in protein & fiber |
| Whole Wheat French Toast | Yogurt Parfait | |
| Pancakes or Waffles w/Syrup | Bagel w/Cream Cheese | |
| Whole Grain Breakfast Pastries | | All items may not be offered daily. |
| Variety of Cereal, Muffins & Banana Bread | | *Menu Item Contains Pork. |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Welcome Back 1/2 day	20 Boneless Chicken Wings Ranch Scalloped Potatoes Green Beans Elf Grahams Ice Cold Milk	21 Honey BBQ Riblet Sandwich Sweet Potato Fries Sicilian Vegetables Ice Cold Milk	22 Deluxe Nachos Lettuce, Cheese Diced Tomatoes Refried Beans Ice Cold Milk	23 No School
26 Pasta w/ Meatballs Marinara Sauce Garlic Breadstick Steamed Broccoli Ice Cold Milk	27 Tangerine Chicken Fluffy Rice Asian Vegetable Blend Strawberry Shortcake Ice Cold Milk	28 Apple Cinnamon Toast Turkey Sausage Links Hash Brown Patty Veggie Juice Ice cold Milk	29 Popcorn Chicken Spanish Rice Buffalo Cauliflower Goldfish Grahams Ice Cold Milk	30 NO SCHOOL <i>(Classes resume Sept 4th)</i>

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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