

East Grand Rapids - Secondary - November 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).

Assorted Breakfast Sandwiches
Whole Wheat French Toast
Pancakes or Waffles w/Syrup
Whole Grain Breakfast Pastries
Variety of Cereal, Muffins & Banana Bread

Breakfast Wraps
Yogurt Parfait
Bagel w/Cream Cheese

UBR- a super cookie high in protein & fiber

All items may not be offered daily.
*Menu Item Contains Pork.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 28 Chili Dog on a Bun Curly Fries Steamed Carrots Ice Cold Milk | 29 Italian Dunkers Marinara Sauce Sicilian Vegetables Ice Cold Milk | 30 Buffalo Chicken Drumstick Whole Kernel Corn Garlic Breadstick Ice Cold Milk | 31 Sloppy Joe Spicy Potato Wedges Malibu Vegetables Orange Sidekick Slush Ice Cold Milk | 1 Chicken Fajita Cheese, Lettuce, Salsa Black Beans Tostitos Scoops Ice Cold Milk |
| 4 Cheesy Meatloaf Roasted Red Potatoes Dinner Roll Chocolate Cookie Ice cold Milk | 5 Homemade Beef Chili Grilled Cheese Mixed Vegetables Ice Cold Milk | 6 Popcorn Chicken Mashed Potatoes w/ Chicken Gravy Green Beans Cornbread Muffin & Milk | 7 Orange Chicken Brown Rice Vegetable Egg Roll Kiwi Strawberry Freeze Ice Cold Milk | 8 Beef & Bean Burrito Whole Kernel Corn Spanish Rice Ice Cold Milk |
| 11 Boneless Wings Ranch Scaloped Potatoes Green Beans Chocolate Elf Grahams Ice Cold Milk | 12 Honey BBQ Rib on a Bun Sweet Potato Fries Sicilian Vegetables Ice Cold Milk | 13 Chicken Wings Macaroni & Cheese Collard Greens Cornbread Muffin Ice Cold Milk | 14 Mini Corn Dogs Onion Rings Steamed Carrots Ice Cold Milk | 15 Beef Nachos Cheese, Lettuce & Tomatoes Refried Beans Tostitos Tortilla Chips Ice Cold Milk |
| 18 Chicken Alfredo Pasta Garlic Breadstick Steamed Broccoli Ice Cold Milk | 19 Homemade Beef Chili Italian Dunkers WG Cheez-Its Ice Cold Milk | 20 Teriyaki Chicken Vegetable Fried Rice Asian Vegetables WG Biscuit & Strawberry Cup Ice Cold Milk | 21 Apple Cinnamon Texas Toast Turkey Sausage Link Hashbrown Patty Veggie Juice Ice Cold Milk | 22 Popcorn Chicken Spanish Rice Buffalo Cauliflower Goldfish Grahams Ice Cold Milk |
| 25 Sriracha Chicken Garlic Toast Mixed Vegetables Ice Cold Milk | 26 Turkey Gravy Mashed Potatoes Biscuit Ice Cold Milk | <i>Enjoy your Thanksgiving Holiday! School will resume December 2nd.</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 |
|------------------|--------------------|-------------------------|------------------|--------------------|
| Pizza Selections | Chicken Selections | Burrito/Mexican Choices | Pizza Selections | Chicken Selections |



| 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 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 Slabbekoom a call at 616.819.1662