



September 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 a la carte items may still use My Payments Plus just like last year. Go to 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 Secondary - September 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.

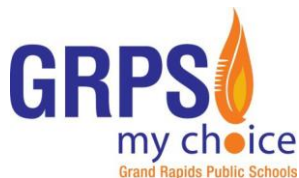
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Labor Day	3 Sriracha Chicken Bites Mixed Vegetables Garlic Bread Ice Cold Milk	4 Chicken & Waffles Cinnamon Baked Apples Sugar Snap Peas Ice Cold Milk	5 BBQ Meatballs Macaroni & Cheese Seasoned Peas Dinner Roll Ice Cold Milk	6 Soft Beef Taco Cheese, Lettuce, Tomato Taco Fiesta Beans Smart Cookies Ice Cold Milk
9 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	10 Orange Chicken Fluffy Rice Veg. Egg Roll Lemon Berry Sorbet Ice Cold Milk	11 Ham & Cheese Calzone Broccoli Cheese Soup Cooked Carrots Ice Cold Milk	12 Chicken Wings Green Beans Dinner Roll Rice Krispie Bar Ice Cold Milk	13 Deluxe Beef Nachos Lettuce, Salsa, Cheese Refried Beans Ice Cold Milk
16 Turkey Hot Dog w/ Chili Curly Fries Cooked Carrots Ice Cold Milk	17 Italian Dunkers w/ Marinara Sauce Sicilian Vegetables Ice Cold Milk	18 Buffalo Chicken Drumstick Whole Kernel Corn Apple Cinnamon Muffin Ice Cold Milk	19 Sloppy Joe/Taco Joe Spicy Potato Wedges Malibu Vegetables Ice Cold Milk	20 Chicken Fajita Lettuce, Salsa, Cheese Baja Black Beans Tostitos Scoops Ice Cold Milk
23 Cheesy Meatloaf Roasted Red Potatoes Dinner Roll Whole Grain Cookie Ice Cold Milk	24 Turkey Chili Grilled Cheese Mixed Vegetables Ice Cold Milk	25 Chicken Mashed Potato Bowl w/ Gravy Green Beans Corn Muffin Ice Cold Milk	26 Beef & Broccoli Fluffy Rice Egg Roll Sidekick Slush Ice Cold Milk	27 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	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 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