

Grand Rapids Child Discovery Center - March 2019

Meal Prices: Breakfast \$1.75, Lunch \$3.00, Reduced Meals No Charge, Adult Meals \$2.50/4.00, Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Turkey Sausage Bites Chicken Nuggets Baked Beans Garlic Toast Broccoli Fruit Cocktail Ice Cold Milk	5 Cini Mini Hamburger Emoji Potatoes Carrots Diced Peaches Ice Cold Milk	6 Mini Egg & Cheese Slider Cheesy Omelet Biscuit w/ Jelly Potato Rounds Fresh Green Beans Zee Zee Grahams Fresh Banana Ice Cold Milk	7 Breakfast Wrap Soft Beef Tacos Lettuce, Salsa, Cheese Ranchero Beans & Rice Mixed Berries Ice Cold Milk	8 French Toast Sticks Cheese Stuffed Pizza Whole Kernel Corn Romaine Salad w/ Tomatoes Fresh Apple Ice Cold Milk
11 Mini Maple Waffles Yogurt Sloppy Joe Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk	12 Pancake Wrap Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk	13 Scrambled Eggs Muffin Beef Dippers Macaroni & Cheese Romaine Salad w/ Peas Corn Muffin Strawberry Cup Ice Cold Milk	14 Beef Sausage Bagel w/ Cheese Chicken Fajita Lettuce & Cheese Diced Tomatoes Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	15 Chocolate Filled Crescent Roll Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Mixed Fruit Ice Cold Milk
18 Mini Egg & Cheese Sandwich Chicken Nuggets Soft Pretzel Seasoned Peas Cucumber w/ Ranch Fresh Apple Ice Cold Milk	19 Apple Cinnamon Toast Hot Ham & Cheese Sandwich Sweet Potato Puffs Green Beans Diced Peaches Ice Cold Milk	20 Turkey Bacon Breakfast Boat Beef Nachos Lettuce, Salsa, Cheese Ranchero Beans & Rice Fresh Banana Ice Cold Milk	21 Sausage Gravy Breakfast Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Mixed Berries Ice Cold Milk	22 Breakfast Wrap Turkey Croissant Celery w/ Hummus Pineapple Tidbits Sun Chips Ice Cold Milk 1/2 Day
25 Turkey Sausage Bites Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Garlic Breadstick Diced Pears Ice Cold Milk	26 Cini Minis Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Strawberry Cup Ice Cold Milk	27 Mini Egg & Cheese Sliders Beef Chili Grilled Cheese Cucumber Slices Apple Slices Ice Cold Milk	28 Portfolio Day	29 No School Spring Break <i>Classes resume April 8th</i>

MUNCHERS - Check with your school cook for ordering details

Breakfast: Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), 100% Fruit Juice & Ice Cold Milk (skim milk, 1% white or chocolate).

Grades 6-12 have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

Lunch: Munchers & Sunbutter Sandwiches available as entrée choices. **Chef Salads** available at K-8 & K-12 sites.

Monday - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

Tuesday - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

Wednesday - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Mixed Fruit)

Thursday - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

Friday - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- 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 or use the QR code on this menu.



*** Menu Item Contains Pork**