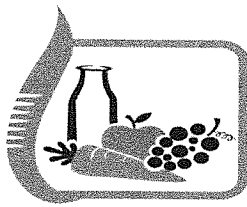


**GRPS NUTRITION SERVICES**



School Meals Make a Difference

**May 2019**

# Summer Food Service Program 2019

**NUTRITIOUS SUMMER MEALS FREE**

**FOR KIDS AND TEENS**

***18 years old and younger***

**Food That's In When School Is Out**

**Tentative meals served at:**

**Baxter Community Center, Camelot Woods, Gerald R Ford\*, Grand Rapids Public Library, GRUPA\*, MLK Leadership Academy\*, New Faith Temple\*, Park Place Apartments, Paul I Phillips, Refugee Educational Center, Seidman Center, Walnut Grove Apartments, Palmer\*, Sibley\*, CA Frost El\*, CA Frost HS\*, Ken-O-Sha\*, Buchanan\*, Burton MS\*, Alger MS\* & Cesar E Chavez\*.**

*\*indicates hot meals  
All sites subject to change*

**FOR MORE INFORMATION CALL:**

Grand Rapids Public Schools  
Nutrition Services  
819-2135

**MEET UP™**



**EAT UP**

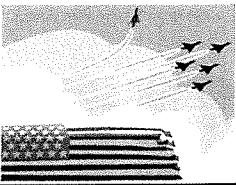
**Healthy food  
to fuel your summer.**



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.

# Grand Rapids Child Discovery Center - May 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
<b>6</b> Mini Egg & Cheese Sandwich  Chicken Tenders Soft Pretzel Steamed Carrots Broccoli w/ Ranch Fresh Apple Ice Cold Milk	<b>7</b> Apple Cinnamon Toast  Hot Dog Crinkle Cut Fries Fresh Asparagus Mixed Fruit Ice Cold Milk	<b>8</b> Turkey Bacon Breakfast Boat  Chicken Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	<b>9</b> Sausage Gravy Breakfast  Cheesy Omelet Biscuit & Jelly Potato Starz Zee Zee Grahams Veggie Juice Diced Peaches Ice Cold Milk	<b>10</b> Maple Pancakes  Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Lunch Bunch Grapes Ice Cold Milk
<b>13</b> Turkey Sausage Breakfast Bites  Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Garlic Breadstick Pineapple Tidbits Ice Cold Milk	<b>14</b> Cini Minis  Chicken Drumstick Corn Muffin Mashed Potatoes w/ Gravy Cucumber Coins Fresh Apple Ice Cold Milk	<b>15</b> Mini Egg & Cheese Sliders  Confetti Pancakes Turkey Sausage Fresh Green Beans Veggie Juice Fresh Strawberries Ice Cold Milk	<b>16</b> French Toast Sticks  Chicken Sandwich Sweet Potato Waffle Fries Celery Sticks Diced Peaches Ice Cold Milk	<b>17</b> Breakfast Wrap  Beef Nachos Lettuce, Salsa, Cheese Ranchero Beans & Rice Sorbet Ice Cold Milk
<b>20</b> Mini Egg & Cheese Sandwich  Beef Burrito Baja Black Beans Carrots w/ Ranch Tostitos Scoops Diced Pears Ice Cold Milk	<b>21</b> Pancake Wrap  Turkey & Cheese Croissant Broccoli Cheese Soup Celery Sticks Lunch Bunch Grapes Ice Cold Milk	<b>22</b> Beef Sausage Bagel w/ Cheese  Hamburger on a Bun Crinkle Cut Fries Fresh Asparagus Fresh Apple Ice Cold Milk	<b>23</b> Mini Maple Waffles Yogurt  Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk	<b>24</b> Chocolate Crescent Roll  <b>Sack Lunch</b> Sunbutter Sandwich Cheese Stick Carrot Sticks Veggie Juice Cheddar Goldfish Fruit Cup & Cold Milk <span style="float: right;"><b>1/2 day</b></span>
<b>27</b> <b>Memorial Day</b>  	<b>28</b> Cereal Yogurt  Grilled Cheese Ranch Potato Wedges Three Bean Salad Fresh Apple Ice Cold Milk	<b>29</b> Glazed Sweet Bun  <i>(Mini Pancakes)</i> Turkey Sausage Broccoli w/ Ranch Veggie Juice Fresh Banana Ice Cold Milk	<b>30</b> Turkey Bacon Breakfast Boat  Chicken Patty on a Bun Celery w/ Hummus Pineapple Cup Sun Chips Ice Cold Milk	<b>31</b> Cini Minis  Beef Nachos Nacho Cheese Cup Lettuce, Tomatoes Refried Beans Goldfish Grahams Applesauce Cup Ice Cold Milk

## MUNCHERS - Available until May 24th

**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](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



\* Menu Item Contains Pork