

September 2019 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. The school meals served in your school are the best value in town. GRPS Nutrition Services is proud to offer the very best in nutrition for your child.




Meal Prices					
Student Meals - No Charge					
Adult Breakfast	\$ 2.50	Adult Lunch	\$ 4.00	Milk	\$.50

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 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.

Grand Rapids Child Discovery Center - Sept 2019

Meal Prices: Student Meals - No Charge, Adult Breakfast/Lunch \$2.50/\$4.00, Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Labor Day	3 Cereal Graham Cracker Chicken Drumstick Roasted Red Potatoes Corn Muffin Mixed Fruit Ice Cold Milk	4 Pancake Wrap Minh's Orange Chicken Fluffy Brown Rice Fresh Broccoli w/ Ranch Cherry Sidekick Fresh Banana Ice Cold Milk	5 Egg & Cheese Muffin Beef Nachos Lettuce, Cheese, Tomatoes Taco Fiesta Beans ZeeZee Applesauce Cup Ice Cold Milk	6 Chocolate Crescent Roll Turkey Pepperoni Pizza Whole Kernel Corn Green Pepper Strips w/ Ranch Diced Peaches Ice Cold Milk
9 Cini Mini Sloppy Joe Emoji Potatoes Carrots w/ Ranch Diced Pears Ice Cold Milk	10 Pancake Wrap Pasta Bake Garlic Toast Romaine Salad w/ Tomatoes Apple Slices Ice Cold Milk	11 Chicken on a Biscuit w/ Jelly Confetti Pancakes Turkey Sausage Veggie Juice Fresh Banana Ice Cold Milk	12 Apple Cinnamon French Toast Chicken Fajita Lettuce, Cheese , Salsa Refried Beans Strawberry Cup Tostitos Scoops Ice Cold Milk	13 Chocolate Chip Pancakes Three Cheese Calzone Ranch Potato Wedges Cucumbers w/ Hummus Orange Slices Ice Cold Milk
16 Mini Maple Waffles & Yogurt Chicken Tenders Soft Pretzel Cooked Carrots Celery w/ Ranch Mixed Fruit Ice Cold Milk	17 Turkey Bacon Breakfast Boat Ham & Cheese Pocket Broccoli Cheese Soup Carrots w/ Ranch Apple Slices Ice Cold Milk	18 Cinnamon Pancakes Teriyaki Chicken Asian Rice Cherry Sidekick Fresh Banana Ice Cold Milk	19 Scrambled Eggs Muffin Beef Burrito Red Beans & Rice Romaine Salad w/ Tomatoes ZeeZee Applesauce Cup Goldfish Grahams Ice Cold Milk	20 Glazed Sweet Bun Italian Dunkers Marinara Sauce Whole Kernel Corn Fresh Grapes Ice Cold Milk
23 Triple Berry French Toast Turkey Hot Dog Onion Rings Celery w/ Hummus Apple Slices Ice Cold Milk	24 Egg & Cheese on a Bun Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Carrots Corn Muffin & Mixed Fruit Ice Cold Milk	25 Pancake Wrap Cheesy Omelet Biscuit & Jelly Emoji Potatoes Fresh Broccoli Fresh Banana Graham Cracker Sticks Ice Cold Milk	26 Sausage Gravy Breakfast Chicken & Cheese Quesadilla Taco Fiesta Beans Cucumbers w/ Ranch Fresh Grapes Tostitos Scoops Ice Cold Milk	27 Cinnamon Toast Pastry Sub Sandwich Celery w/ Hummus Sliced Apples Triple Chocolate Cookie Ice Cold Milk 1/2 Day

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—Sunbutter Sandwich (Cheese Stick, Cheez Its, Carrots w/ Ranch & Peach Cup)

Tuesday - BLT Salad Muncher (Lettuce Blend, Grape Tomatoes, Shredded Cheese, Turkey Bacon, Croutons w/ Ranch, Grapes & Chocolate Cookie)

Wednesday - Wings & More (Chicken Wings, Cheese Cubes, Corn Salad, Snap Peas w/ Ranch, Apple & Lemon Bread)

Thursday - Chicken Wrap Muncher (Shredded Chicken, Shredded Cheese, Refried Beans, Salsa, Tortilla, Tortilla Scoops & a Clementine)

Friday - Yogurt Muncher (Yogurt, Hearty Granola, Blueberry Muffin, Sunbutter Spread, Celery Sticks and Apple Slices)

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 the menu.



* Menu Item Contains Pork