

# Grand Rapids Child Discovery Center - October 2020

Meal Prices: Student Meals - No Charge, Adult Breakfast/Lunch \$2.50/\$4.25, Milk \$ .50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> Strudel Stick Tostito Tortilla Chips Cheese Sauce Bean Dipz Red Gold Salsa Peach Cup Sunflower Kernels Ice Cold Milk	<b>29</b> Mini Pancakes Sunbutter Sandwich Fresh Cauliflower Red Pepper Hummus Mixed Fruit Heartzels Pretzels Ice Cold Milk	<b>30</b> Assorted Cereal Turkey & Cheese Hoagie Grape Tomatoes Fresh Grapes Dill Pickle Spear Ice Cold Milk	<b>1</b> Yogurt w/ Granola Mini Cinnamon Bagels Hard Boiled Egg Veggie Juice Cantaloupe Ice Cold Milk	<b>2</b> Blueberry Waffles Turkey Ham & Cheese Cracker Kit Fresh Broccoli Pear Cup Ice Cold Milk
<b>5</b> Yogurt w/ Granola Turkey & Cheese Croissant Celery Sticks Fresh Apple Ice Cold Milk	<b>6</b> Mini French Toast Turkey Stick Red Pepper Hummus Baby Carrots Strawberry Cup Berry Crunch Bar Ice Cold Milk	<b>7</b> Wild Berry Bread Turkey & Cheese Wedge Sandwich Bean Dipz Mini Sweet Peppers Apple Crisps Tostito Scoops Ice Cold Milk	<b>8</b> Fruit Muffin WW Bagel w/ Cream Cheese Yogurt Sunflower Seeds Veggie Juice Applesauce Cup Ice Cold Milk	<b>9</b> UBR Pizza Kit Fresh Broccoli Fresh Grapes Ice Cold Milk
<b>12</b> Strudel Stick Tostito Tortilla Chips Cheese Sauce Bean Dipz Red Gold Salsa Peach Cup Sunflower Kernels Ice Cold Milk	<b>13</b> Mini Pancakes Sunbutter Sandwich Fresh Cauliflower Red Pepper Hummus Mixed Fruit Heartzels Pretzels Ice Cold Milk	<b>14</b> Assorted Cereal Turkey & Cheese Hoagie Grape Tomatoes Fresh Grapes Dill Pickle Spear Ice Cold Milk	<b>15</b> Yogurt w/ Granola Mini Cinnamon Bagels Hard Boiled Egg Veggie Juice Cantaloupe Ice Cold Milk	<b>16</b> Blueberry Waffles Turkey Ham & Cheese Cracker Kit Fresh Broccoli Pear Cup Ice Cold Milk
<b>19</b> Yogurt w/ Granola Turkey & Cheese Croissant Baby Carrots Fresh Apple Ice Cold Milk	<b>20</b> Mini French Toast Turkey Stick Red Pepper Hummus Celery Sticks Pear Cup Berry Crunch Bar Ice Cold Milk	<b>21</b> Wild Berry Bread Turkey & Cheese Wedge Sandwich Bean Dipz Mini Sweet Peppers Apple Crisps Tostito Scoops Ice Cold Milk	<b>22</b> Fruit Muffin WW Bagel w/ Cream Cheese Yogurt Sunflower Seeds Veggie Juice Applesauce Cup	<b>23</b> UBR Pizza Kit Fresh Broccoli Fresh Grapes Ice Cold Milk
<b>26</b> Strudel Stick Tostito Tortilla Chips Cheese Sauce Bean Dipz Red Gold Salsa Peach Cup Sunflower Kernels Ice Cold Milk	<b>27</b> Mini Pancakes Sunbutter Sandwich Fresh Cauliflower Red Pepper Hummus Mixed Fruit Heartzels Pretzels Ice Cold Milk	<b>28</b> Assorted Cereal Turkey & Cheese Hoagie Grape Tomatoes Fresh Grapes Dill Pickle Spear Ice Cold Milk	<b>29</b> Yogurt w/ Granola Mini Cinnamon Bagels Hard Boiled Egg Veggie Juice Cantaloupe Ice Cold Milk	<b>30</b> Blueberry Waffles Turkey Ham & Cheese Cracker Kit Fresh Broccoli Pear Cup Ice Cold Milk



- \* Menu item contains Pork.
- All breakfasts include a fruit, juice and milk.
- **Disclaimer: Menu items subject to change at any time.**
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: [www.grps.org/nutrition](http://www.grps.org/nutrition) or use the QR code.



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](http://www.mypaymentsplus.com) and register your self/student into the school meal pre-payment plan. If you have problems with this transaction please give Steve Slabbekoorn a call at 616.819.1662.

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