

ELK RAPIDS SCHOOLS  
MS MENU 2018-2019 MENU

<b>Week 1:</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
SNOW DAY	SNOW DAY	SNOW DAY	SNOW DAY	Deep Dish Personnel Pepperoni Pizza Slush Cup  Fresh fruit & Vegetables Bar
<b>Week 2:</b>				
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
Breaded Chicken Drumstick Redskin Mashed Green Beans Fresh fruit & Vegetables Bar	Walking Beef Taco Strawberry Cup  Fresh fruit & Vegetable Bar	Sweet 'n' Sour Chicken over Buttered Noodles Steamed Broccoli Fresh fruit & Vegetable Bar	Hamburger on a Bun Crinkle Fries  Fresh fruit & Vegetable Bar	Sausage Pizza Mixed Fruit Cup  Fresh fruit & Vegetables Bar
<b>Week 3:</b>				
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
Tangerine Chicken Stir-Fry Brown Rice Fortune Cookie Fresh fruit & Vegetables Bar	1 or 2 Soft Shell Beef Taco's Spanish Rice  Fresh fruit & Vegetables Bar	Mashed Potato Bowl w/Popcorn Chix Corn & Gravy  Fresh fruit & Vegetables Bar	Rotini w/Meat Sauce Garlic Toast  Fresh fruit & Vegetables Bar	Cheese Bosco's Marinara Dipping Sauce Strawberry Cup Fresh fruit & Vegetables Bar
<b>Week 4:</b>				
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
Grilled Cheese & Tomato Soup Grapes  Fresh fruit & Vegetables Bar	Chicken Quesadilla Mixed Fruit Cup  Fresh fruit & Vegetables Bar	Mac & Cheese Garlic/Parmesan Breadstick  Fresh fruit & Vegetables Bar	"Breakfast For Lunch" French Toast Sausage Links Fresh fruit & Vegetables Bar	Garlic/Parm. Flat Bread Pizza Mixed Berry Fruit Cup  Fresh fruit & Vegetables Bar
<b>Milk is served with every meal. Now serving fresh LOCAL fruits on the salad bar from Rennie Orchards ER</b>				
<b>Breakfast Offered Daily</b>				
1. Breakfast Pizza 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin Milk 1% white or skim flavor , juice / fruit	1. Cheese omelet toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin Milk 1% white or skim flavor , juice / fruit	1-Mini pancakes 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin Milk 1% white or skim flavor , juice / fruit	1. Scrambled eggs toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin Milk 1% white or skim flavor , juice / fruit	1. French toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin Milk 1% white or skim flavor , juice / fruit

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