

ELK RAPIDS SCHOOLS  
HS MENU 2018-2019 MENU

<b>Week 1:</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK OVER :( NO SCHOOL	COOKS CHOICE  Fresh fruit & Vegetables Bar	Stuffed Crust Sausage Pizza Frozen Slush Cup  Fresh fruit & Vegetables Bar
<b>Week 2:</b>				
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
Tangerine Chicken Stir-Fry Brown Rice Fortune Cookie Fresh fruit & Vegetables Bar	Walking Beef Taco Strawberry Cup  Fresh fruit & Vegetable Bar	Mac & Cheese Garlic Parmesan Breadstick  Fresh fruit & Vegetable Bar	Mashed Potato Bowl With Popcorn Chicken, Corn & Gravy  Fresh fruit & Vegetable Bar	Personal Cheese Pizza Mixed Fruit Cup  Fresh fruit & Vegetables Bar
<b>Week 3:</b>				
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
Rotini With Meat Sauce Garlic Toast  Fresh fruit & Vegetables Bar	Chicken Taco Salad Corn Chips & Salsa  Fresh fruit & Vegetables Bar	Meatball Marinara Over Buttered Noodles Garlic Toast Fresh fruit & Vegetables Bar	Cheese Stuffed Bosco's Ranch Potato Wedges  Fresh fruit & Vegetables Bar	1/2 DAY OF SCHOOL NO LUNCH
<b>Week 4:</b>				
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
Grilled Chicken on a Pretzel Bun Cheesy Broccoli Bites  Fresh fruit & Vegetables Bar	2 Soft Shell Beef Taco's Spanish Rice  Fresh fruit & Vegetables Bar	Corn Dogs Spiral Fries  Fresh fruit & Vegetables Bar	Philly Beef With Gravy Mashed Potatoes & Green Beans  Fresh fruit & Vegetables Bar	BBQ Chicken Flatbread Strawberry Cup  Fresh fruit & Vegetables Bar
<b>Milk is served with every meal. Now serving fresh LOCAL fruits on the salad bar from Rennie Orchads ER</b>				
<b>Breakfast Offered Daily</b>				
1. Breakfast Pizza 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1. Cheese omelet toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1-Mini pancakes 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1. Scrambled eggs toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>	1. French toast 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin <small>Milk 1% white or skim flavor , juice / fruit</small>

**USDA IS EQUAL OPPORTUNITY PROVIDER AND EMPLOYER**