

ELK RAPIDS SCHOOLS
HS MENU 2018-2019 MENU

| Week 1: | | | | |
|--|--|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 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 |
| Week 2: | | | | |
| 4-Feb | 5-Feb | 6-Feb | 7-Feb | 8-Feb |
| Sloppy Joe on a Bun Potato Pancakes Fresh fruit & Vegetables Bar | Sweet 'n' Sour Chicken over Buttered Noodles Steamed Broccoli Fresh fruit & Vegetable Bar | Breaded Chicken Drumstick Redskin Mashed Green Beans Fresh fruit & Vegetable Bar | Hamburger on a Bun Crinkle Fries Fresh fruit & Vegetable Bar | Sausage Pizza Mixed Fruit Cup Fresh fruit & Vegetables Bar |
| Week 3: | | | | |
| 11-Feb | 12-Feb | 13-Feb | 14-Feb | 15-Feb |
| Tangerine Chicken Stir-Fry Brown Rice Fortune Cookie Fresh fruit & Vegetables Bar | 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 |
| Week 4: | | | | |
| 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 |
| Milk is served with every meal. Now serving fresh LOCAL fruits on the salad bar from Rennie Orchards ER | | | | |
| Breakfast Offered Daily | | | | |
| 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> |

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