

ELK RAPIDS SCHOOLS
HS SCHOOL 2018 -2019 MENU

Week 1:				
Monday	Taco Tuesday	Wednesday	Thursday	Friday
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
END OF SPRING BREAK :(NO SCHOOL	COOKS CHOICE Fresh fruit & Vegetable Bar	Mac & Cheese Garlic/Parmesna Breadstick Fresh fruit & Vegetable Bar	<i>"Breakfast For Lunch"</i> Cinnamon French Toast Sausage Links Fresh fruit & Vegetable Bar	French Bread Pepperoni Pizza Frozen Slush Cup Fresh fruit & Vegetable Bar
Week 2:				
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
Breaded Chicken Drumstick Redskin Mashed Green Beans Fresh fruit & Vegetable Bar	Walking Beef Taco Mixed Berry Cup Fresh fruit & Vegetable Bar	Orange Chicken Stir-Fry Brown Rice Fortune Cookie Fresh fruit & Vegetable Bar	Meatball Sub Waffle Fries Fresh fruit & Vegetable Bar	Sausage Pizza Mixed Fruit Cup Fresh fruit & Vegetable Bar
Week 3:				
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
<i>"Breakfast For Lunch"</i> Strawberry Pancakes Sausage Links Fresh fruit & Vegetable Bar	Chicken Taco Salad Corn Chips & Salsa Fresh fruit & Vegetable Bar	Rotini with Meat Sauce Garlic Bread Fresh fruit & Vegetable Bar	Cheddar Stuffed Pretzel Marinara Dip Crinkle Cut Fries Fresh fruit & Vegetable Bar	GOOD FRIDAY NO SCHOOL
Week 4:				
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
Grilled Chicken on a Pretzel Bun Cheese & Broccoli Bites Fresh fruit & Vegetable Bar	2 Soft Shell Beef Taco's Spanish Rice Fresh fruit & Vegetable Bar	Popcorn Chicken Ranch Potato Wedges Fresh fruit & Vegetable Bar	Sloppy Joe Sandwich Battered Cauliflower Fresh fruit & Vegetable Bar	Flaky Crust Cheese Pizza Strawberry Cup Fresh fruit & Vegetable Bar
Milk is served with every meal. SALAD BAR: Lettuce, salad fixings, fresh fruit and juice available every day.				
Breakfast Offered Daily 7:30				
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. Pancakes and sausage 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 and sausage 2. Breakfast E. muffin sandwich 3. Choice of cereal and muffin Milk 1% white or skim flavor , juice / fruit

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