



Breakfast Menu

Week One

Monday

- Gripz® Grahams w/Yogurt
- Fruit
- Milk

Tuesday

- Flavored Mini Pancakes
- Fruit
- Milk

Wednesday

- Sausage/Egg Sandwich
- Fruit
- Milk

Thursday

- Elfin Loaves
- Fruit
- Milk

Friday

- French Toast Sticks
- Fruit
- Milk

Week Two

Monday

- Gripz® Grahams w/Yogurt
- Fruit
- Milk

Tuesday

- Egg Omelets
- Fruit
- Milk

Wednesday

- Breakfast Pizza
- Fruit
- Milk

Thursday

- Frudel Stick
- Fruit
- Milk

Friday

- Pancake on a Stick
- Fruit
- Milk

Other Breakfast Information

Dear Parents as you know, breakfast is the most important meal of the day. As your child's educational facility, we know that hungry children cannot learn. As the first steps toward addressing this issue, we serve breakfast at all Eaton Rapids Public Schools.

A school breakfast is made up of at least 3, but not more than 4 meal components, which are defined as 1 serving of fruit or juice, 1 serving of milk, 1 oz. meat/meat alternative, 1 eq. grain/bread. Some "combination foods" count as more than one component (breakfast pizza, pancake sausage on a stick, french toast stick(s).

Bagels & Cream Cheese, Variety Cereals, and Power Ally Bars available daily.

Meal Prices

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|---------------------------------|--------|
| ELEMENTARY LUNCH (GRADES K-5).. | \$2.25 |
| SECONDARY LUNCH (GRADES 6-12).. | \$2.50 |
| REDUCED LUNCH..... | \$0.40 |
| ADULT LUNCH..... | \$3.00 |
| BREAKFAST..... | \$1.50 |
| REDUCED BREAKFAST..... | \$0.30 |
| ADULT BREAKFAST..... | \$1.75 |

Lunch A-La-Carte

| | |
|----------------------------------|---------------|
| BAKED CHIPS..... | \$0.75 |
| TWIX/GUSHERS/GUMMIES..... | \$0.50 |
| ICE CREAM..... | \$0.50-\$1.50 |
| COOKIE..... | \$0.75 |
| EXTRA MAIN ENTRÉE WITH MEAL..... | \$1.00 |
| MAIN ENTRÉE ONLY..... | \$2.50 |
| FRUIT/VEGETABLE ONLY..... | \$0.50 |

Cookies and sherbet available Fridays at Intermediate for \$0.50.



Lunch Menu

Week One

Monday

- Little Caesar's Pizza
- Baked Squash
- Fruit Choice
- Ice Cold Milk
- Hot Dog on Whole Wheat Bun

Tuesday

- Grilled Chicken Sandwich on Whole Wheat Buns
- Carrot Coins • Mixed Fruit
- Ice Cold Milk
- Tacos in Whole Wheat Shell

Wednesday

- Whole Wheat Spaghetti
- Spring Salad Mix
- Diced Pineapple
- Whole Wheat Garlic Toast
- Ice Cold Milk
- Cheeseburger on Whole Wheat Bun

Thursday

- Cook's Choice
- Vegetable Choice
- Fruit Choice
- Ice Cold Milk
- Chicken Nuggets/Whole Wheat Bread Slice

Friday

- **Double Dog Day**
- Hot Dog on Whole Wheat Bun
- Broccoli Cuts • Sliced Peaches
- Keebler® Scooby Doo!™ Grahams
- Ice Cold Milk • Chicken Patty on Whole Wheat Bun

Week Two

Monday

- Little Caesar's Pizza
- Sweet Potato Coins
- Fruit Choice
- Ice Cold Milk
- Hot Dog on Whole Wheat Bun

Tuesday

- Fish Sandwich on Whole Wheat Bun • Black Eyed Peas • Tropical Fruit
- Ice Cold Milk • Tacos in Whole Wheat Shell

Wednesday

- Grilled Cheese on Whole Wheat • Tomato Soup
- Banana
- Ice Cold Milk
- Cheeseburger on Whole Wheat Bun

Thursday

- Meat & Cheese Nachos
- Refried Beans
- Sliced Peaches
- Ice Cold Milk
- Chicken Nuggets/Whole Wheat Bread Slice

Friday

- Brunch For Lunch
- Eggo® Pancakes
- Sausage Patty • Potato Stick
- Applesauce • Ice Cold Milk
- Chicken Patty on Whole Wheat Bun

Week Three

Monday

- Little Caesar's Pizza
- Fresh Carrots
- Fruit Choice
- Ice Cold Milk
- Hot Dog on Whole Wheat Bun

Tuesday

- Fish Nuggets
- Sweet Potato Coins
- Whole Wheat Bread Slice
- Mandarin Oranges
- Ice Cold Milk
- Tacos in Whole Wheat Shell

Wednesday

- Macaroni & Cheese
- Whole Wheat Biscuit
- Petite Peas
- Tropical Fruit Mix
- Cheeseburger on Whole Wheat Bun

Thursday

- Cook's Choice
- Vegetable Choice
- Fruit Choice
- Ice Cold Milk
- Chicken Nuggets/Whole Wheat Bread Slice

Friday

- Pizza Dippers
- Broccoli Cuts
- Pineapple Tidbits
- Ice Cold Milk
- Chicken Patty on Whole Wheat Bun

Week Four

Monday

- Little Caesar's Pizza
- Butter Squash
- Fruit Choice
- Ice Cold Milk
- Hot Dog on Whole Wheat Bun

Tuesday

- Turkey & Cheese Sub
- Sweet Potato Fries
- Mixed Fruit
- Ice Cold Milk
- Tacos in Whole Wheat Shell

Wednesday

- Turkey Gravy Over Mashed Potatoes • Golden Corn
- Whole Wheat Roll
- Fruit Choice • Ice Cold Milk
- Cheeseburger on Whole Wheat Bun

Thursday

- Meat & Cheese Nachos
- Refried Beans
- Sliced Peaches
- Ice Cold Milk
- Chicken Nuggets/Whole Wheat Bread Slice

Friday

- Whole Wheat Bosco Sticks
- Butter Beans
- Applesauce
- Ice Cold Milk
- Chicken Patty on Whole Wheat Bun

Week Five

Monday

- Little Caesar's Pizza
- Butter Squash
- Fruit Choice
- Ice Cold Milk
- Hot Dog on Whole Wheat Bun

Tuesday

- Beef Teriyaki Dippers
- California Blend
- Mandarin Oranges
- Dinner Roll • Ice Cold Milk
- Tacos in Whole Wheat Shell

Wednesday

- Open Faced Turkey Sandwich
- Creamy Mashed Potatoes
- Sliced Peas • Ice Cold Milk
- Cheeseburger on Whole Wheat Bun

Thursday

- Deli Sub
- French Fries
- Fruit Choice
- Ice Cold Milk
- Chicken Nuggets/Whole Wheat Bread Slice

Friday

- Chicken Taco
- Refried Beans
- Apple Slices
- Ice Cold Milk
- Chicken Patty on Whole Wheat Bun

Vegetarian options available upon request

Drinks Available to 6-12 Grades.

| | |
|---------------------------|--------|
| WATER AND DOLE JUICE..... | \$1.25 |
| REFRESHERS..... | \$1.50 |
| SMALL MILK AND JUICE..... | \$0.50 |

Other Lunch Information

Peanut Butter and Jelly Sandwich available daily.

Food Bar available daily: Fresh lettuce mix, fresh fruits and vegetables, variety of whole grains. Milk is 1% or skim. **School lunch consists of 5 components.** Students must take 3 of the 5 to be considered a meal. This includes free and reduced students. These components consist of meat/meat alternate, fruit, vegetable, bread, milk. Some combination foods such as pizza and sandwich's are considered as 2 components. Many times our main entrée consists of 2 components. Example: chicken sandwich and milk would be considered a meal due to the bun, chicken, and milk.

Lunch Meal Calendar

- Week One Meal Plan
- Week Two Meal Plan
- Week Three Meal Plan
- Week Four Meal Plan
- Week Five Meal Plan

| September '11 | | | | | | |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

| October '11 | | | | | | |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| November '11 | | | | | | |
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| December '11 | | | | | | |
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| 30 | 31 | | | | | |

| January '12 | | | | | | |
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| February '12 | | | | | | |
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| March '12 | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
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| April '12 | | | | | | |
|-----------|----|----|----|----|----|----|
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| May '12 | | | | | | |
|---------|----|----|----|----|----|----|
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
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| June '12 | | | | | | |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |