

Eaton Rapids Middle/High School

Breakfast

Monday

Sandwich Bar

Tuesday

Pancake Bar

Wednesday

Yogurt Bar

Thursday

Egg Casserole

Friday

Grilled Cheese

Breakfast is \$1.50/\$.40 reduced/free to those who qualify
Includes: Grain, fruit or vegetable, protein option, juice option, milk
Breakfast Sandwiches, Cereal, Pastries, Bagels available daily

*Please let cashiers know if there are any ideas or foods that you would like us to try
Thank you for dining with us!!!*

Lunch \$3.00
Reduced \$.40
Free to those who qualify
Includes: Protein, fruit, vegetable, grain, and milk

Monday

Stir Fry:

Choice of:
Chicken Favorites
Rice
Steamed Vegetables
Fortune Cookies

Fruit/Vegetable Bar available daily

Tuesday

Pasta Bar:

Spaghetti
Plain Rotini
Ravioli

Pasta Sauce/Cheese Sauce/Alfredo Sauce
Garlic Bread Sticks

Fruit/Vegetable Bar available daily

Wednesday

Hometown Favorites:

Turkey Gravy
Drumsticks
Beef Stew
Macaroni & Cheese Casserole

Fruit/Vegetable Bar available daily

Thursday

Taco Bar

Beef or Chicken Tacos,
Nachos, Taco Salad Bowl,
Walking Taco,
Refried Beans and Black Beans

Fruit/Vegetable Bar available daily

Friday

Breakfast Bar

French Toast/Pancakes
Sausage
Potato Casserole
Egg Casserole
Biscuit
Or
Cereal Bar
Parfait Bar

Fruit/Vegetable Bar available daily

Daily Specials

Pizza
Chicken Sandwich
Cheeseburger
Bosco Sticks
Chicken Nuggets
Wraps
Salads

Sandwich Line
Variety of sub, wrap, meat, cheeses, vegetables

SDA Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
Fax: (202) 690-7442, or

Email: program.intake@usda.gov

This institution is an equal opportunity provider.

Menu subject to change without notice

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