


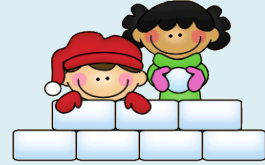


East Greenbush Elementary Schools



mySchoolBucks.com

	Monday	Tuesday	Wednesday	Thursday	Friday
A	2) No School Holiday Recess 	3) Crispy Mozzarella Sticks Served with warm marinara sauce Crunchy tossed salad w/dressing Warm cinnamon apple sauce Fresh fruit / light fruit cup Low fat or fat free milk	4) Tyson Chicken Patty Served On Warm Wheat Bun Steamed mixed vegetables Sweet Potato Fries Fresh fruit / light fruit cup Low fat or fat free milk	5) Tyson Chicken Nuggets Vegetable Rice Pilaf Seasoned sweet peas Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk	6) Tony's French Bread Pizza Tangy Three Bean salad Homemade Vegetable Soup Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk
B	9) Land O Lakes Mac n Cheese Cowboy baked beans Enjoyable Steamed Broccoli Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk	10) Fun Fish Shapes Ruffle Potato Chips & Pickle Campbell's creamy tomato soup Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk	11) Marinated Meatball Sub Served on warm wheat roll Tossed garden salad Glazed Carrot Coins Fresh fruit / light fruit cup Low fat or fat free milk	12) Tyson Popcorn Chicken Bowl Mashed Potatoes & Gravy Sweet Corn Nibbles Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk	13) Tony's Personal Pan Pizza Steamed Italian Mixed Veggies Homemade Chicken Veggie Soup Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk
A	Martin Luther King, Jr. Day No School 	17) Breakfast for Lunch French Toast Sticks (3) Sausage Link (2) Crispy tater tots Fresh fruit / light fruit cup Low fat or fat free milk	18) Hamburger / Cheeseburger Served on Warm Wheat Roll Silly Smiley Fries Fresh Cauliflower & Broccoli Cup Fresh fruit / light fruit cup Low fat or fat free milk	19) Tyson Chicken Nuggets Sweet Corn Nibbles Creamy pasta alfredo Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk	20) Pizza Crunchers Creamy Tomato Soup Chickpea Salad Little dilly pickle / veggie bag Fresh fruit / light fruit cup Low fat or fat free milk
B	23) Corn Dog on a stick Sweet potato fries Bush's Baked Beans Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk	24) Taco Tuesday Lettuce, tomato, cheddar, salsa Served over warm nacho chips Refried Beans w/ cheddar cheese Fresh fruit / light fruit cup Low fat or fat free milk	25) Lasagna Roll Ups Warm marinara & a Bread Stick Steamed Broccoli Fresh Garden Salad Fresh fruit / light fruit cup Low fat or fat free milk	26) Tyson Chicken Nuggets Seasoned Herb Rice Seasoned Vegetable Medley Fresh Broccoli Cup/ ranch Fresh fruit / light fruit cup Low fat or fat free milk	27) Stuffed Crust Pizza Steamed Carrot Coins Homemade Vegetable Soup Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk
A	30) Cheesy pizza crunchers Filled with cheese & sauce Sweet Seasoned Corn Garden Fresh Salad Fresh fruit / light fruit cup Low fat or fat free milk	31) Seasoned Grilled Chicken Warm Garlic Breadstick Green Bean Medley Salad Healthy Veggie Bag Fresh fruit / light fruit cup Low fat or fat free milk			

Breakfast price \$1.75 daily
Lunch price \$3.00 daily
Reduced price meals: Lunch \$.25 daily
Breakfast \$.25 daily

A la carte milk \$.60
A la carte fruit or veggies \$.80

All meals meet the Whole Grain requirements

SNACK PRICES
 (CHOICES MAY VARY AT INDIVIDUAL SCHOOLS)
 Assorted Yogurt **\$.75**
 Cookie **\$.60**
 Ice Cream **\$.85**
 Juice Cup **\$.60**

EVERYONE CAN BUY BREAKFAST

Mon. - milk/fruit/juice/cereal
 Tues. - milk/fruit/juice/bagel
 Wed. - milk/fruit/juice/French toast
 Thurs-milk/fruit/juice/Bacon scrambled pizza
 Fri. - milk/fruit/juice/pancake

DAILY ALTERNATIVE LUNCH
Fresh salad with choice of topping, roll & dressing
OR
Monday---Tuna salad sandwich
Tuesday---Turkey w/lettuce sandwich
Wednesday---Bologna & cheese sandwich
Thursday---PB&J uncrustable
Friday---Ham & cheese sandwich
Including vegetable, fruit & milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

Menu subject to change