



# East Greenbush Elementary Schools

Writing Checks for School Lunch is  
Ancient History?  
Easily Pay for School Meals At  
[myschoolbucks.com](http://myschoolbucks.com)

Menu subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	<p><b>Be My Valentine</b></p>			1) <b>Tyson chicken nuggets</b> Rainbow pasta salad Seasoned green beans Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	2) <b>Tony's Fiestada pizza</b> Tender peas and carrots House made vegetable soup Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
<b>B</b>	5) <b>Meatless Monday</b> Cheese and bean burrito Lettuce, tomato, sour cream Spanish rice Fresh fruit / light fruit cup Low fat or fat free milk	6) <b>Crispy chicken patty</b> Served on warm wheat bun Steamed California mixed vegetables Chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	7) <b>Fish sticks</b> Land O'Lakes mac n cheese Orange glazed carrots Fresh garden salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	8) <b>Tyson popcorn chicken</b> Mashed potatoes w/gravy and roll Seasoned sweet corn Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	9) <b>Pick a pizza day</b> Stuffed crust or personal pan pizza Steamed green beans House made chicken veg. soup Fresh fruit / light fruit cup Low fat or fat free milk
<b>A</b>	12) <b>Yummy corn dog on a stick</b> Baked beans Diced beets over Romaine Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	13) <b>Breakfast for Lunch Day</b> Cinnamon French toast sticks (3) Savory sausage links (2) Sweet potato fries Fresh fruit / light fruit cup Low fat or fat free milk	14) <b>Mickey Mouse toasted cheese</b> Heart warming tomato soup Seasoned corn & red peppers Three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	15) <b>Pick a chicken day</b> Chicken nuggets or popcorn chicken Pasta with oil & garlic Seasoned sweet peas Fresh fruit / light fruit cup Low fat or fat free milk	16) <b>Tony's French bread pizza</b> House made Minestrone soup Sunny carrot coins Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk
	19)	20) <b>Winter Recess</b>		21) <b>No School</b>	
<b>B</b>	26) <b>Pizza dunkers w/garlic &amp; oil</b> Served w/warm marinara sauce Sweet peas Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	27) <b>Seasoned grilled chicken</b> Served with warm bread stick Cowboy BBQ baked beans Steamed vegetable medley Fresh fruit / light fruit cup Low fat or fat free milk	28) <b>Taco Salad</b> Lettuce, tomato, cheese, salsa Served over warm corn chips Mexicali corn Fresh fruit / light fruit cup Low fat or fat free milk		

\*\*\*\*LUNCH PRICE \*\*\*\*  
**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**

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



**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

**GRAB N GO BREAKFAST**  
 All meals include:  
 Fresh fruit, 100% juice  
 Low fat or fat free milk  
**Mon.-** Eggo mini pancakes  
 (maple/blueberry)  
**Tues.-** Warm whole grain Bagel  
**Wed.-** Soft Muffin/Blueberry or  
 Apple cinn.  
**Thurs-** Maple or Blueberry waffles  
**Fri.-** Pillsbury bagels w/ cream cheese  
 filling  
**Available daily:** cereal bars  
 pop tarts, bowl of cereal, yogurt

All meals meet the Whole Grain requirements