



East Greenbush Elementary Schools

Writing Checks for School Lunch is
Ancient History?
Easily Pay for School Meals At
myschoolbucks.com

Menu subject to change

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