







Menu subject to change

East Greenbush Elementary Schools



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

	Monday	Tuesday	Wednesday	Thursday	Friday
A	1) No School - Winter Recess 	2) Garlic pizza dunkers Served with warm marinara sauce Sweet tender corn Warm cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk	3) Marinated Meatball Sub Served on warm wheat roll Glazed carrot coins Tossed salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	4) Tyson chicken nuggets Vegetable pasta salad Tangy three bean salad Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	5) Tony's Fiestada pizza Seasoned mixed vegetables Campbell's Minestrone soup Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
B	8) Crispy chicken patty Served on warm wheat roll Enjoyable steamed broccoli Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	9) Fish sticks Land O'Lakes mac and cheese Sweet carrots coins Marinated chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	10) *NEW* Mexican Casserole Corn chips/Fiesta mix salad Steamed mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	11) Tyson popcorn chicken Brown rice w/gravy Garlic green beans Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	12) Tony's personal pan pizza Corn and red peppers House made chicken veg soup Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
A	15) Martin Luther King Jr. Day NO SCHOOL 	16) Breakfast for Lunch!! French toast sticks (3) Savory sausage link (2) Sweet potato fries Fresh fruit / light fruit cup Low fat or fat free milk	17) Hamburger or Cheeseburger Served on warm wheat roll Bush's baked beans Crispy smile fries Fresh fruit / light fruit cup Low fat or fat free milk	18) Tyson chicken nuggets South of the Border pasta salad California mixed vegetables Fresh tossed salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	19) Tony's stuffed crust pizza Seasoned green beans Campbell's tomato soup Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
B	22) Hot dog on a wheat roll Delicious corn niblets Seasoned French fries Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	23) Golden mozzarella sticks Served with warm marinara sauce Italian style green beans Warm peaches and pears Fresh fruit / light fruit cup Low fat or fat free milk	24) Turkey bacon wrap Cheese, lettuce, tomatoes Ruffles potato chips/Pickles Tasty three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	25) Tyson popcorn chicken Seasoned herb rice Steamed peas and carrots Fresh Broccoli cups w/ranch Fresh fruit / light fruit cup Low fat or fat free milk	26) K-12 HALF DAY OF SCHOOL Professional Development Day 
A	29) Cheesy pizza crunchers Filled with cheese & sauce Sweet seasoned corn Romaine salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	30) Baked fish fillet Served on a warm wheat bun Seasoned mixed vegetables Healthy veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	31) Taco Salad Lettuce, tomato, cheddar, salsa Served over warm corn chips Refried beans w. cheese 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

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
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, cereal bowls, yogurt

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

All meals meet the Whole Grain requirements