



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
B 3)	Garlic cheese dunkers Served with warm marinara sauce Steamed broccoli and cauliflower Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	4) Seasoned grilled chicken Savory brown rice Tender sweet corn Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	5) Turkey (BLT) sub Bacon, lettuce, tomatoes Oven baked beans Little dill pickles Fresh fruit / light fruit cup Low fat or fat free milk	6) Tyson chicken nuggets Rainbow pasta salad California mixed medley Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	7) Tony's French bread pizza Seasoned sweet peas Warm peaches w/cinnamon Romaine salad w/beets Fresh fruit / light fruit cup Low fat or fat free milk
A 10)	Crispy pizza crunchers Breaded crust w/sauce & mozzarella Italian green beans Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	11) Mickey Mouse grilled cheese Tasty sweet corn Campbell's Tomato soup Garden fresh salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	12) Chicken nachos Served with tortilla chips Lettuce, diced tomatoes, cheddar House made bean salsa Fresh fruit / light fruit cup Low fat or fat free milk	13) Tyson popcorn chicken Penne pasta w/oil & garlic Orange glazed carrots Fresh broccoli cups Fresh fruit / light fruit cup Low fat or fat free milk	14) Tony's stuffed crust pizza Cheese or pepperoni Seasoned mixed vegetables House made vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk
B 17)	MEATLESS MONDAY Crispy fish sticks Roasted garlic cauliflower Campbell's Minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk	18) Cheese ravioli w/marinara sauce Served with warm garlic breadstick Zesty chickpea salad Tossed salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	19) Hamburger or Cheeseburger Served on warm whole grain roll Golden smile fries Green bean medley salad Fresh fruit / light fruit cup Low fat or fat free milk	20) Tyson chicken nuggets Rockin Rudolph rice Seasoned corn & red peppers Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	21) Elf's personal pan pizza Steamed peas and carrots House made chicken vegetable soup Yummy pudding cups Fresh fruit / light fruit cup Low fat or fat free milk
24)				27)	28)
Winter Recess - NO SCHOOL					
31)					



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, breadstick & 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

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

GRAB N GO BREAKFAST

*All meals include:
Fresh fruit, 100% juice
Low fat or fat free milk*

Mon.- Mini pancakes (maple or strawberry)
Tues.- Warm whole grain Bagel
Wed.- Soft Muffin (blueberry or apple cinn.)
Thurs- Waffles (maple or blueberry)
Fri.- Pillsbury bagels w cream cheese filling

Available daily: cereal bars, poptarts, bowl of cereal, yogurt

