




# East Greenbush Elementary Schools



Writing Checks for School Lunch is  
Ancient History?  
Easily Pay for School Meals At  
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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>		1) <b>NO SCHOOL</b> <b>Happy New Year!</b>	2) <b>Crispy mozzarella sticks</b> Served with warm marinara sauce Steamed mixed vegetables Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	3) <b>Tyson chicken nuggets</b> Vegetable penne pasta Seasoned sweet peas Tossed salads w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	4) <b>Tony's French bread pizza</b> Seasoned sweet corn Marinated chickpea salad Homemade vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk
<b>B</b>	7) <b>Corn dog on stick</b> Sweet potato fries Italian green beans Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	8) <b>Macaroni &amp; cheese</b> Enjoyable steamed peas Garden fresh salads w/dressing Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	9) <b>Turkey wraps (BLT)</b> Bacon, lettuce, tomatoes Crispy dill pickles Tasty three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	10) <b>Tyson popcorn chicken</b> Vegetable rice pilaf Seasoned sweet corn Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	11) <b>Cheesy stuffed crust pizza</b> Seasoned mixed vegetables House made vegetable soup Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk
<b>A</b>	14) <b>Pizza crunchers</b> Breaded crust w/sauce & mozzarella Steamed sweet peas Tossed salads w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	15) <b>Crispy chicken patty</b> Served on warm whole grain roll Steamed carrots coins Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	16) <b>Taco Salad</b> Lettuce, tomato, cheddar, salsa Served on a bed of tortilla chips Refried beans Fresh fruit / light fruit cup Low fat or fat free milk	17) <b>Tyson chicken nuggets</b> Spanish rice Steamed mixed vegetables Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	18) <b>Tony's personal pan pizza</b> Seasoned green beans House made vegetable soup Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
<b>B</b>	21) <b>Martin Luther King, Jr. Day</b> <b>NO SCHOOL</b> ❄️	22) <b>Crispy fish sticks</b> Sweet potato fries Tasty peas Seasoned carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	23) <b>Seasoned grilled chicken</b> Served on warm whole grain roll Steamed mixed vegetables Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	24) <b>Tyson chicken nuggets</b> Warm breadstick Seasoned green beans Tossed salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	25) <b>Tony's French bread pizza</b> Delicious corn niblets 4 bean salad Broccoli florets cups Fresh fruit / light fruit cup Low fat or fat free milk
<b>A</b>	28) <b>Hot dog</b> On a whole grain bun Bush's baked beans Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	29) <b>Garlic cheese dunkers</b> Served with warm marinara sauce Garlic green beans Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	30) <b>Hamburger/Cheeseburger</b> Served on a warm whole grain bun Steamed carrot coins Garden fresh salads w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	31) <b>Tyson popcorn chicken</b> Seasoned brown rice Seasoned mixed vegetables Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	 <b>All meals meet the Whole Grain requirements</b>

  
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

*Menu subject to change*  
**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

  
**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- Maple or blueberry waffles  
Fri.- Pillsbury bagels w/cream cheese filling  
Available daily: cereal bars, pop tarts, cereal bowls, yogurt