



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	3) Crispy chicken patty Served on warm whole grain roll Steamed broccoli florets Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	4) Cheesy mozzarella sticks Served with warm marinara sauce Sunny carrot coins Tossed salads w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	5) Taco Salad Served with tortilla chips Lettuce, tomatoes, cheddar, salsa Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	6) Tyson popcorn chicken Vegetable rice pilaf California mixed medley Zesty chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	7) PICK A PIZZA DAY Stuffed crust or Personal pan Garlic green beans Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
B	10) Garlic cheese dunkers Served with warm marinara sauce Juicy corn niblets Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	11) BBQ Meatballs Seasoned brown rice Seasoned peas & carrots Fresh garden salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	12) Turkey subs Bacon, lettuce, tomatoes Crispy dill pickles Marinated four bean salad Fresh fruit / light fruit cup Low fat or fat free milk	13) Tyson chicken nuggets Penne pasta w/garlic and oil Steamed broccoli florets Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	14) K - 8 Early dismissal NO LUNCH SERVED
A	17) Breakfast for Lunch French toast sticks (3) Savory sausage links (2) Sweet potato nuggets Fresh fruit / light fruit cup Low fat or fat free milk	18) Corn dog on stick Oven baked beans Garden fresh salad w/dressing Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	19) Hamburger or cheeseburger Served on whole grain bun Golden smile fries Garlic & herb broccoli florets Fresh fruit / light fruit cup Low fat or fat free milk	20) Tyson chicken nuggets Rainbow pasta salad Seasoned carrot coins Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	21) K - 8 Early dismissal NO LUNCH SERVED
B	24) Yummy fish sticks Cowboy baked beans Sweet peas Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	25) Tony's French bread pizza Delicious corn niblets Fresh broccoli floret cups Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	26) K - 8 Early dismissal Last Day of School	27) Superintendent's Conference Days NO STUDENTS	

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



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, yogurt



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



All meals meet the Whole Grain requirements



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