



# East Greenbush Elementary Schools

Writing Checks for School Lunch is  
Ancient History?  
Easily Pay for School Meals At  
[myschoolbucks.com](http://myschoolbucks.com)

	Monday	Tuesday	Wednesday	Thursday	Friday
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A	2)  Labor Day NO SCHOOL	3) NO SCHOOL Superintendent's Conference Day	4) NO SCHOOL Superintendent's Conference Day	5) Tyson chicken nuggets Seasoned brown rice Cowboy baked beans Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	6) Tony's personal pan pizza Steamed mixed vegetables Fresh broccoli cups Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
B	9) Yummy fish sticks Seasoned French fries Steamed green beans Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	10) Crispy pizza crunchers Filled w/ marinara sauce & cheese Seasoned carrot coins Fresh garden salads w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	11) Hamburger/Cheeseburger Served on warm whole grain bun California mixed medley vegetables Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	12) Tyson popcorn chicken Penne pasta w/garlic & oil Favorable pea salad Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	13) Tony's French bread pizza Served on whole grain crust Sweet corn niblets Tasty four bean salad Fresh fruit / light fruit cup Low fat or fat free milk
A	16) Cheesy mozzarella sticks Served with warm marinara sauce Seasoned mixed vegetables Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	17) Crispy chicken patty Served on warm whole grain roll Tender sweet peas Garden fresh salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	18) Taco Salad Lettuce, tomato, cheddar, salsa Served over warm corn chips Black bean salsa Fresh fruit / light fruit cup Low fat or fat free milk	19) Tyson chicken nuggets Spanish rice Sweet corn niblets Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	20) Tony's personal pan pizza Italian green beans House made vegetable soup Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
B	23) Hot dog on whole grain bun Savory oven baked beans Tender sweet corn Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	24) 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	25) Turkey wrap (BLT) Bacon, lettuce, tomatoes Little dilly pickles Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	26) Tyson popcorn chicken Rainbow pasta salad Country style green beans Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	27) Tony's stuffed crust pizza Glazed carrot coins Campbell's tomato soup Fresh broccoli & cauliflower cups Fresh fruit / light fruit cup Low fat or fat free milk
A	30) Macaroni & Cheese Seasoned sweet peas Tossed salad with dressing Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk				



Ala carte milk \$.60  
Ala 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.)  
Thur.- Waffles (maple or blueberry)  
Fri.- Pillsbury bagels w/cream cheese filling  
Available daily: cereal bars, pop tarts,  
cereal, yogurt

**SNACK PRICES**  
(CHOICES MAY VARY AT  
INDIVIDUAL SCHOOLS)  
Assorted Yogurt \$.75  
Cookie \$.60  
Ice Cream \$1.00  
Chips \$1.00  
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 Uncrustables  
Friday--Ham & cheese sandwich  
Including vegetable, fruit & milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY  
PROVIDER & EMPLOYER

\*\*\*\*LUNCH PRICE \*\*\*\*  
Breakfast price \$1.75 daily  
Lunch price \$3.00 daily  
Reduced price meals: Lunch Free / Breakfast Free

All meals meet the Whole Grain requirements