## **MENU 2017**

## East Greenbush Elementary Schools





DEDEMINE

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

Menu subject to change	
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	Monday	Tuesday	Wednesday	Thursday	Friday
Α					1) Cheesy stuffed crust pizza
					Sweet corn
					Garden fresh salad w/dressing
					Fresh veggie bag
					Fresh fruit / light fruit cup
					Low fat or fat free milk
В	4) Crispy pizza crunchers	5) Seasoned Grilled Chicken	6) Turkey sub on wheat roll	7) Tyson chicken nuggets	8) Tony's French bread pizza
	Breaded crust w/sauce & mozzarella	Herbed stuffing w/gravy	Served with lettuce, tomato, cheese	Vegetable rice pilaf	Sweet peas
	Seasoned green beans	Tender sweet corn	Ruffles potato chips	Tasty three bean salad	House made chicken vegetable soup
	Fresh veggie bags	Fresh veggie bags	Seasoned mixed vegetables	Garden fresh salad w/dressing	Fresh veggie bags
	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
Α	11) Hot dog on a bun	12) Fun fish sticks	13) Taco Salad	14) Tyson popcorn chicken	15) Try something new!
	Crispy French fries	Land O'Lakes mac and cheese	Lettuce, tomato, cheddar, salsa	Pasta marinara w/ parm cheese	Tony's Fiestada Pizza
	Yummy carrot coins	Steamed mixed medley	Served on a bed of tortilla chips	Candied yams	Green bean medley salad
	Fresh veggie bags	Fresh broccoli & cauliflower cups	Refried beans w. cheese	Tossed salad w/dressing	Campbell's minestrone soup
	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
В	18) Cheesy mozzarella sticks	19) Holiday grilled cheese	20) Waffleicous Wednesday	21) Tyson chicken nuggets	22) Elf's personal pan pizza
	Served w/warm marinara sauce	Seasoned peas & carrots	Waffles (2)	Rockin Rudolph rice	Steamed sweet corn
	Italian blend mixed vegetables	Campbell's creamy tomato soup	Savory sausage links (2)	Steamed green beans	Frosty's tasty pudding
	Fresh veggie bags	Tossed salad w/dressing	Crispy sweet potato fries	Zesty chickpea salad	Fresh veggie cup
	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup
	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk	Low fat or fat free milk
	25)	26)	27)	28)	29) Pring on
		******* Winter Re	ecess NO SCHOOL *******		the the
					NEW YEAR.

## **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 SNACK PRICES
(CHOICES MAY VARY AT
INDIVIDUAL SCHOOLS)
Assorted Yogurt \$.75
Cookie \$.60
Ice Cream \$.85
Juice Cup \$.60
Water \$.75



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.- Eggo mini pancakes (maple or blueberry)

Tues.- Warm whole grain Bagel

**Wed.-** Soft Muffin/Blueberry or apple cinn. **Thur.-** Maple or blueberry waffles

Fri.- Pillsbury bagels w cream cheese filling

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