East Greenbush Elementary Schools

MAY

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

MENU

myschoolbucks.com

	Monday	Tuesday		Wednesday		Thursday		Friday
В		1) Fun Fish Sticks	2)	Wafflicious Wednesday	3)	Tyson Popcorn Chicken	4)	
		Land O' Lakes Mac N Cheese		Waffles (2)		Seasoned brown rice	J	Topped with taco toppings
		Steamed seasoned broccoli		Savory sausage links (2)		Steamed green beans		Fiestada salad
		Tasty chickpea salad		Sweet potato nuggets		Assorted fresh veggie bags	0000	Assorted fresh veggie bag
		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	UN	Low fat or fat free milk
A		-,	9)	Meatball Marinara	10)	Tyson Chicken Nuggets	11	,
	Served on warm whole grain roll	Served with warm bread stick		Served over warm pasta		Seasoned whole grain rice		Steamed Italian mixed vegetables
	BBQ Bush's beans	Golden sweet potato fries		California mixed medley		Seasoned sweet corn		House made chicken noodle soup
	Assorted fresh veggie bags	Seasoned peas		Assorted fresh veggies		Toss salad w/dressing		Assorted fresh veggie bag
	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
<u>B</u>	14) Crispy Pizza Crunchers	15) Mickey Mouse Grilled Cheese	16)	Turkey BLT Wrap	17)	Tyson Popcorn Chicken	18	B) Tony's French Bread Pizza
	Breaded crust w/sauce & mozzarella	Campbell's Tomato Soup		Seasoned French fries		Rainbow pasta salad		Cheese or Pepperoni
	Sweet glazed carrots	Tasty sweet corn		Crispy dill pickles		Tender sweet peas		Delicious mixed vegetables
	Assorted fresh veggie bags	Assorted fresh veggie bags		Tasty three bean salad		Assorted fresh veggie bags		Bodacious broccoli salad
	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
<u>A</u>	21) Cheesy Mozzarella Sticks	22) Crispy Chicken Patty	23)		24)	Tyson Chicken Nuggets	25	5)
	Served with warm marinara sauce	Served on warm whole grain roll		Lettuce, tomato, cheddar, salsa		Vegetable rice pilaf		
	Italian green beans	Seasoned corn and red peppers		Served over warm corn chips		Sweet glazed carrots		K-5
	Fresh romaine salad w/dressing	Creamy cucumber salad		Refried beans w/cheese		Vanilla pudding		Professional Development Day
	Fresh fruit / light fruit cup	Fresh fruit / light fruit cup		Fresh fruit / light fruit cup		Fresh fruit / light fruit cup		No School
	Low fat or fat free milk	Low fat or fat free milk		Low fat or fat free milk		Low fat or fat free milk		
<u>B</u>	28)	29) Garlic Pizza Dunkers		Hamburger or Cheeseburger	31)	Tyson Popcorn Chicken		6
	NO SCHOOL	Served w/warm marinara sauce	S	served on warm whole grain roll		Garden pasta salad		0000
	The party	Steamed broccoli and cauliflower		Golden smile fries		Oven baked beans		The state of the s
	Memorial Day	Assorted fresh veggie bags		Seasoned green beans		Assorted fresh veggie bags		
		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		

GRAB N GO BREAKFAST

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

Mon.- Eggo mini pancakes

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, pop tarts,

cereal, yogurt

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**

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

****LUNCH PRICE ****

Breakfast price \$1.75 daily Lunch price \$3.00 daily

Reduced price meals: Lunch \$.25 daily Breakfast \$.25 daily



Menu subject to change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

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All meals meet the Whole Grain requirements