



# 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



— WELCOME —  
**BACK TO SCHOOL**



<p>3)  <b>Labor Day</b> NO SCHOOL</p>	<p>4) <b>NO SCHOOL</b> <b>Superintendent's Conference Days</b></p>	<p>5) <b>NO SCHOOL</b> <b>Superintendent's Conference Days</b></p>	<p>6) <b>Tyson popcorn chicken</b> Healthy brown rice Cowboy baked beans Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>7) <b>Tony's French bread pizza</b> Cheese or Pepperoni Delicious mixed vegetables Bodacious broccoli salad Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>10) <b>Cheesy mozzarella sticks</b> Served with warm marinara sauce Sweet corn niblets Crispy garden salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>11) <b>Hamburger or cheeseburger</b> Served on a warm wheat roll Tasty smile fries Glazed carrots Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>12) <b>Turkey wrap (BLT)</b> Ruffles potato chips/Pickles Marinated three bean salad Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>13) <b>Tyson chicken nuggets</b> Rainbow pasta salad California mixed medley Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>14) <b>Tony's personal pan pizza</b> Delicious peas and carrots House made vegetable soup Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>17) <b>MEATLESS MONDAY</b> Garlic pizza dunkers w/marinara sauce Italian style green beans Zesty chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>18) <b>Breakfast for Lunch</b> French toast sticks (3) Savory sausage links (2) Sweet potato fries Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>19) <b>NO SCHOOL</b> </p>	<p>20) <b>Tyson popcorn chicken</b> Seasoned vegetable rice Seasoned sliced beets Toss salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>21) <b>Tony's stuffed crust pizza</b> Roasted cauliflower House made vegetable soup Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>24) <b>Hot dog on a bun</b> Bush's baked beans Steamed broccoli florets Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>25) <b>Toasted grilled cheese</b> Campbell's creamy tomato soup Italian green beans Assorted fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>26) <b>Taco Salad</b> Lettuce, tomato, cheddar, salsa Served over warm corn chips Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>27) <b>Tyson chicken nuggets</b> Garlic &amp; oil penne pasta Seasoned carrot coins Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>28) <b>Crunchy fish sticks</b> Seasoned French fries Tender sweet peas Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk</p>

**\*\*\*\*LUNCH PRICE \*\*\*\***  
Breakfast price **\$1.75 daily**  
Lunch price **\$3.00 daily**  
Reduced price meals: Lunch \$.25 daily - Breakfast \$.25 daily



**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- Waffles (maple or blueberry)  
Fri.- Pillsbury bagels w/ cream cheese filling  
**Available daily: cereal bars, pop tarts,  
bowl of cereal, yogurt**



**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

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER..

Ala carte milk \$.60  
Ala 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**