

MENU: K-5
2018



East Greenbush Elementary Schools



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

	Monday	Tuesday	Wednesday	Thursday	Friday
A	1) Macaroni & Cheese California mixed vegetables Tossed salad with dressing Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	2) Crispy pizza crunchers Filled w/ marinara sauce & cheese Roasted cauliflower Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	3) Hot meatball sub Seasoned sweet corn Warm peaches w/cinnamon Seasoned chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	4) Tyson popcorn chicken Vegetable rice pilaf Tasty peas and carrots Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	5) Tony's French bread pizza Italian green beans House-made vegetable soup Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk
B	8)  COLUMBUS DAY NO SCHOOL	9) Breakfast for Lunch French toast sticks (3) Savory sausage link (2) Sweet potato fries Fresh fruit / light fruit cup Low fat or fat free milk	10) Hamburger or Cheeseburger Served on warm whole grain roll Bush's baked beans Crispy smile fries Fresh fruit / light fruit cup Low fat or fat free milk	11) Tyson chicken nuggets Penne pasta w/marinara sauce Glazed carrot coins Fresh tossed salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	12) Tony's personal pan pizza Sweet peas Campbell's tomato soup Fresh broccoli & cauliflower cups Fresh fruit / light fruit cup Low fat or fat free milk
A	15) Golden chicken patty Served on warm whole grain roll Sweet corn niblets Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	16) Garlic pizza dunkers Served with warm marinara sauce Mixed medley vegetables Garden salad w/marinated beets Fresh fruit / light fruit cup Low fat or fat free milk	17) Taco Salad Lettuce, tomato, cheddar, salsa Served over warm corn chips Refried beans w/cheese Fresh fruit / light fruit cup Low fat or fat free milk	18) Tyson popcorn chicken Seasoned herb rice Favorable pea salad Chilled applesauce cups Fresh fruit / light fruit cup Low fat or fat free milk	19) K-12 HALF DAY  STAFF PROFESSIONAL DEVELOPMENT
B	22) Hot dog on whole grain roll Seasoned green beans Cajun French fries Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	23) Seasoned grilled chicken Served with garlic breadstick Seasoned carrots coins Fresh romaine salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	24) Turkey wraps (BLT) Bacon, lettuce, tomatoes Crispy dill pickles Tasty three bean salad Fresh fruit / light fruit cup Low fat or fat free milk	25) Creepy chicken nuggets Ghostly mashed potatoes w/roll Terrifying sweet corn Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	26) Wacky stuffed crust pizza Steamed fresh broccoli Delicious Minestrone soup Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk
A	29) MEAT LESS MONDAY Cheesy mozzarella sticks Served with warm marinara sauce Italian blend mixed vegetables Fresh fruit / light fruit cup Low fat or fat free milk	30) Crispy fish sticks Steamed green beans Seasoned French fries Fresh garden salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	31) Mickey Mouse toasted cheese  Spooky peas Scary tomato soup Vanilla pudding cups Fresh fruit / light fruit cup Low fat or fat free milk	<div data-bbox="1276 967 1990 1304" data-label="Complex-Block"> <p><u>DAILY ALTERNATIVE LUNCH</u> 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</p>   </div>	
<div data-bbox="142 1133 636 1442" data-label="Complex-Block"> <p><u>GRAB N GO BREAKFAST</u> All meals include: Fresh fruit, 100% juice Low fat or fat free milk</p> <p>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, cereal, yogurt</p>  </div>			<div data-bbox="653 1133 905 1336" data-label="Complex-Block"> <p><u>SNACK PRICES</u> (CHOICES MAY VARY AT INDIVIDUAL SCHOOLS) Assorted Yogurt \$.75 Cookie \$.60 Ice Cream \$.85 Juice Cup \$.60 Water \$.75</p>  </div>		

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

All meals meet the Whole Grain requirements

Menu subject to change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

HAPPY HALLOWEEN!