

MENU: GRADE K-5  
Oct-19



# 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
A		1) <b>Corn Dog on a stick</b> Bush's baked beans Seasoned French fries Tasty carrot coins Fresh fruit / light fruit cup Low fat or fat free milk	2) <b>Hamburger or Cheeseburger</b> Served on warm whole grain roll Golden smile fries Green bean medley salad Fresh fruit / light fruit cup Low fat or fat free milk	3) <b>Tyson chicken nuggets</b> Vegetable rice pilaf Sweet tender corn Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	4) <b>K-12 HALF DAY STAFF PROFESSIONAL DEVELOPMENT</b>
B	7) <b>Garlic cheese dunkers</b> Served with warm marinara sauce Seasoned mixed vegetables Assorted fresh veggie cups Fresh fruit / light fruit cup Low fat or fat free milk	8) <b>Breakfast for Lunch</b> French toast sticks (3) Savory sausage link (2) Sweet potato nuggets Fresh fruit / light fruit cup Low fat or fat free milk	9) <b>NO SCHOOL RECESS</b>	10) <b>Tyson popcorn chicken</b> Warm garlic breadstick Delicious peas & carrots Zesty chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	11) <b>Tony's stuffed crust pizza</b> Seasoned green beans Campbell's Minestrone soup Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
A	14) <b>COLUMBUS DAY NO SCHOOL</b>	15) <b>Rockin toasted grilled cheese</b> Campbell's creamy tomato soup Tender sweet corn Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	16) <b>Marinated meatballs</b> Served over penne pasta Seasoned carrot coins Zesty chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	17) <b>Groovy chicken nuggets</b> Tender brown rice & gravy Steamed broccoli florets Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	18) <b>Pitch Perfect Pan Pizza</b> Roasted cauliflower House made vegetable soup Jazzy garden salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk
B	21) <b>Cheesy mozzarella sticks</b> Served with warm marinara sauce Seasoned mixed vegetables Assorted fresh vegetable bags Fresh fruit / light fruit cup Low fat or fat free milk	22) <b>Golden chicken patty</b> Served on warm whole grain roll Sweet and tender peas Assorted veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	23) <b>Taco Salad</b> Served with tortilla chips Lettuce, tomatoes, cheddar, salsa Refried beans w/cheese Fresh fruit / light fruit cup Low fat or fat free milk	24) <b>Tyson popcorn chicken</b> Garlic & oil penne pasta Creamy sweet corn salad Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	25) <b>Tony's French bread pizza</b> Served with a whole grain crust Steamed carrots coins Garden fresh salads w/dressing Fresh fruit / light fruit cup Low fat or fat free milk
A	28) <b>Crispy pizza crunchers</b> Breaded crust w/sauce & mozzarella Seasoned peas & carrots Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	29) <b>Hamburger or Cheeseburger</b> Served on warm whole grain roll Seasoned corn niblets Sweet potato nuggets Fresh fruit / light fruit cup Low fat or fat free milk	30) <b>Turkey wraps (BLT)</b> Bacon, lettuce, tomato Crispy dill pickles Tasty four bean salad Fresh fruit / light fruit cup Low fat or fat free milk	31) <b>Creepy chicken nuggets</b> Seasoned herb rice Ghostly pudding cups Mixed veggies Fresh fruit / light fruit cup Low fat or fat free milk	<b>Breakfast price \$1.75 daily Lunch price \$3.00 daily</b>  <b>Reduced price meals: Lunch \$.0 daily Breakfast \$.0 daily</b>

**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, 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 uncrustable
- Friday---Ham & cheese sandwich  
Including vegetable, fruit & milk



**A la carte milk \$.60  
Al a carte fruit or  
veggies \$.80**

All meals meet the Whole Grain requirements

Menu subject to change

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