

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

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.