



# East Greenbush Elementary Schools

## November

Menu subject to change

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

	Monday	Tuesday	Wednesday	Thursday	Friday
A			 <i>All meals meet the Whole Grain requirements</i>		1) <b>Tony's personal pan pizza</b> Tossed garden salad w/dressing House made chicken veg. soup Seasonal veggie bags Fresh fruit / light fruit cup Low fat or fat free milk
B	4) <b>Hot dog on whole grain bun</b> Savory baked beans Seasoned mixed vegetables Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	5) <b>K-12 NO SCHOOL Professional Development</b>	6) <b>Savory Meatball sub</b> Served on whole grain roll Steamed broccoli Always fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	7) <b>Tyson Popcorn chicken</b> Creamy mashed potatoes/ gravy Golden sweet corn/dinner roll Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	8) <b>Cheese/Pepperoni French bread</b> Served on whole grain crust California mixed vegetables Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk
A	11) <b>NO SCHOOL</b>	12) <b>Golden mozzarella sticks</b> Served with warm marinara sauce Tossed garden salad w/dressing Steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk	13) <b>Yippee! Taco Salad</b> Served on whole grain tortilla chips Lettuce, tomato, salsa, cheese Cheesy refried beans Fresh fruit / light fruit cup Low fat or fat free milk	14) <b>Crispy chicken nuggets</b> Vegetable herb rice Seasoned sweet peas Always fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	15) <b>Tony's stuffed crust pizza</b> Chicken rice soup Sunny carrot coins French veggie bag Fresh fruit / light fruit cup Low fat or fat free milk
B	18) <b>Chicken patty w/Am. Cheese</b> Served on warm whole grain bun Seasoned sweet corn niblets Very fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	19) <b>Cheese ravioli w/ sauce</b> Served with warm garlic breadstick Zesty chickpea salad Tossed salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	20) <b>K-5 Half Day Parent conference</b>	21) <b>Golden chicken nuggets</b> Rockin rice pilaf Seasoned green beans Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	22) <b>Tony's personal pan pizza</b> California mixed vegetables Creamy tomato soup Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk
A	25) <b>Hot diggity dog</b> Served on warm whole grain bun Bush's baked beans Pickles & chips Fresh fruit / light fruit cup Low fat or fat free milk	26) <b>Tyson Popcorn chicken</b> Fun smile fries/dinner roll Sunny carrot coins Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	27) <b>**THANKSGIVING RECESS - NO SCHOOL**</b>	28)	29)

MENU SUBJECT TO CHANGE

**DAILY ALTERNATIVE LUNCH**  
Fresh salad with choice of topping, breadstick  
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

**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

**Breakfast price \$1.75 daily  
Lunch price \$3.00 daily**  
  
**Reduced price meals:  
Lunch \$.0 daily - Breakfast \$.0 daily**  
  
*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 \$1.00  
Chips \$1.00  
Juice Cup \$.60  
Water \$.75

