



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) Tony's personal pan pizza 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) Hot dog on whole grain bun Savory baked beans Seasoned mixed vegetables Assorted fresh veggie bags Fresh fruit / light fruit cup Low fat or fat free milk	5) K-12 NO SCHOOL Professional Development	6) Savory Meatball sub Served on whole grain roll Steamed broccoli Always fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	7) Tyson Popcorn chicken Creamy mashed potatoes/ gravy Golden sweet corn/dinner roll Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	8) Cheese/Pepperoni French bread Served on whole grain crust California mixed vegetables Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk
A	11) NO SCHOOL	12) Golden mozzarella sticks Served with warm marinara sauce Tossed garden salad w/dressing Steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk	13) Yippee! Taco Salad 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) Crispy chicken nuggets Vegetable herb rice Seasoned sweet peas Always fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	15) Tony's stuffed crust pizza Chicken rice soup Sunny carrot coins French veggie bag Fresh fruit / light fruit cup Low fat or fat free milk
B	18) Chicken patty w/Am. Cheese 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) Cheese ravioli w/ sauce Served with warm garlic breadstick Zesty chickpea salad Tossed salad w/dressing Fresh fruit / light fruit cup Low fat or fat free milk	20) K-5 Half Day Parent conference	21) Golden chicken nuggets Rockin rice pilaf Seasoned green beans Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	22) Tony's personal pan pizza California mixed vegetables Creamy tomato soup Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk
A	25) Hot diggity dog Served on warm whole grain bun Bush's baked beans Pickles & chips Fresh fruit / light fruit cup Low fat or fat free milk	26) Tyson Popcorn chicken Fun smile fries/dinner roll Sunny carrot coins Fresh veggie bag Fresh fruit / light fruit cup Low fat or fat free milk	27) **THANKSGIVING RECESS - NO SCHOOL**	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

