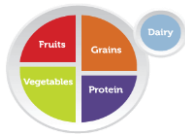


GRADE K-5



# East Greenbush Elementary Schools JANUARY



MENU: January 2020

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	 <i>All meals meet the</i>		<b>1) NO SCHOOL</b> 	<b>2) Tyson chicken nuggets</b> Vegetable rice pilaf Tangy 4 bean salad Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>3) Perfect French bread pizza</b> Fresh garden salad House made chicken soup Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk
<b>B</b>	<b>6) Land O'Lakes Mac &amp; Cheese</b> Served on whole grain pasta Steamed broccoli Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>7) Marinated grilled chicken sandwich</b> Served on a warm wheat bun Sunny carrot coins Cool chickpea salad Fresh fruit / light fruit cup Low fat or fat free milk	<b>8) Oven baked toasted cheese</b> Creamy tomato soup Little dilly pickles Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>9) Popcorn chicken bowl</b> Whipped potatoes/warm bread stick Golden sweet corn Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>10) Favorite pizza dunkers</b> With sauce & minestrone soup Italian green beans Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk
<b>A</b>	<b>13) Fun corn dog on a stick</b> Cowboy baked beans Golden sweet fries Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>14) Meatballs, pasta, and sauce</b> Served with a warm breadstick Steamed broccoli Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>15) Yippy Taco Salad!</b> Served on warm tortilla chips Lettuce, tomato, cheese, salsa Confetti corn salad Fresh fruit / light fruit cup Low fat or fat free milk	<b>16) Crispy chicken nuggets</b> Whole grain rice and gravy Colorful mixed vegetables Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>17) Tony's stuffed crust pizza</b> Cheese or pepperoni Italian green beans Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk
<b>B</b>	<b>20) Martin Luther King, Jr. Day</b>  <b>NO SCHOOL</b>	<b>21) Yummy crispy fish sticks</b> Creamy mac & cheese Seasoned peas & carrots Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>22) Hamburger or cheeseburger</b> Served on warm wheat bun Crispy seasoned fries Baked beans Fresh fruit / light fruit cup Low fat or fat free milk	<b>23) Tasty popcorn chicken</b> Italian pasta salad Seasoned green beans Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>24) Personal pan pizza</b> Cheese or pepperoni House made chicken soup Steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk
<b>A</b>	<b>27) Hot diggity dog</b> Served on wheat roll Golden smile fries Bush baked beans Fresh fruit / light fruit cup Low fat or fat free milk	<b>28) Golden chicken patty</b> With lettuce and tomato Creamy tomato soup Roasted cauliflower Fresh fruit / light fruit cup Low fat or fat free milk	<b>29) Favorite pizza crunchers</b> With sauce & cheese inside Garden tossed salad Seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk	<b>30) Tyson chicken nuggets</b> Steamed herb rice Sunny yellow corn Good for you veggie cup Fresh fruit / light fruit cup Low fat or fat free milk	<b>31) Fantastic French bread pizza</b> Steamed broccoli Warm cinnamon applesauce Good for you veggie cup 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

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



Menu subject to change

**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

**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 bowls, yogurt

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