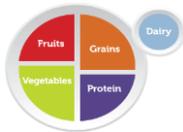


GRADE K-5



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER