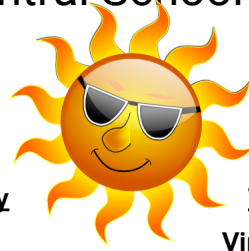




East Greenbush Central School September Breakfast Menu

September 20-21

Grades 9-12



Menu Subject to Change


Monday
A Students

Tuesday
B Students

Wednesday
Virtual Learning

Thursday
A Students

Friday
B Students

		1) Superintendent Conference Day (No students)	2) K-12 Professional Development (No students)	3) K-12 Professional Development (No students)	4) No School
7)  Labor Day No School	8) K-12 Professional Development (No students)	9) K-12 Professional Development (No students)	10) K-12 Professional Development (No students)	11) K-12 Professional Development (No students)	
14) French Toast Sticks Served with syrup 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	15) Bacon, Egg & Cheese Served on a pretzel roll 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	16) Whole Grain Muffin Chocolate Chip or Banana 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	17) Vanilla Yogurt (6oz) Served with granola 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	18) Assorted Cereal Bowls Delicious varieties 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	
21) Sausage, Egg & Cheese Served on a pretzel roll 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	22) Whole Grain Muffin Chocolate Chip or Banana 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	23) Lender's Bagel Served with cream cheese 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	24) Vanilla Yogurt (6oz) Served with granola 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	25) French Toast Sticks Served with syrup 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	
28) No School	29) French Toast Sticks Served with syrup 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	30) Vanilla Yogurt (6oz) Served with granola 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	1) Bacon, Egg & Cheese Served on a pretzel roll 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	2) Whole Grain Muffin Chocolate Chip or Banana 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	

This institution is an equal opportunity provider and employer

All meals are packaged with heating and refrigeration instructions

All meals include fresh fruit, 100% juice, low fat or fat free milk

We serve a variety of breakfast items

All meals meet the Whole grain requirement