East Greenbush Elementary School Lunch Menu
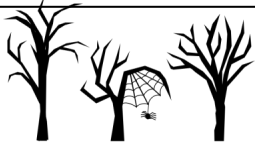## OCTOBER

	MONDAY/ A STUDENTS	TUESDAY/ B STUDENTS	WEDNESDAY/VIRTUAL	THURSDAY/ A STUDENTS	FRIDAY/ B STUDENTS
A Red	**A la carte Fruit or veggies $.80; A la carte Milk $.60**			1) **Popcorn chicken (8)** Herb rice Broccoli cup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	2) **French bread pizza** Served on whole grain crust Baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
B Blue	5) **Hot dog on wheat roll** Baked beans Steamed carrots/veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	6) **Golden pizza dunkers (2)** Marinara dipping sauce Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	7) **Ham and cheese sandwich** Whole grain sun chips Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	8) **French bread pizza** Served on whole grain crust Garden salad w/dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	9) **Popcorn chicken (8)** Herb rice Steamed broccoli/cup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
A Red	12) **Columbus Day** **No School**	13) **Hot dog on wheat roll** Baked beans Steamed carrots / carrot sticks Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	14) **PB & jelly sandwich** Cheese stick 1oz. / sun chips Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	15) **Personal pan pizza** Garden salad Served w/ranch dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	16) **Crispy chicken nuggets (5)** Soft pretzel Steamed green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
B Blue	19) **Mozzarella sticks (4)** Marinara dipping sauce Zesty black bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	20) **Cheeseburger on wheat roll** French fries Celery & carrot sticks w/dsg. Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	21) **Turkey & cheese sandwich** Whole grain sun chips Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	22) **Crispy chicken nuggets (5)** Soft pretzel Steamed green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	23) **Personal pan pizza** Garden salad Served with ranch dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk
A Red	26) **Cheeseburger on wheat roll** French fries Celery & carrot sticks w/dsg. Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	27) **Mozzarella sticks (4)** Marinara dipping sauce Zesty black bean salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	28) **Bologna & cheese sandwich** Whole grain sun chips Good for you veggie bag Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	29) **Stuffed crust pizza** With whole grain crust Garden salad & dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	30) **Popcorn chicken (8)** Land O Lakes mac & cheese Steamed broccoli / cup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk

Breakfast and Lunch Prices
At this time meals are free
Sponsored by the USDA
Breakfast Price - $1.75 daily
Lunch Price - $3.00 daily
Reduced Price Breakfast - Free
Reduced Price Lunch - Free
Menu Subject to Change

Snack Prices
Assorted Yogurt - $.75
Chips - $1.00
Cookie - $.60
Ice Cream - $1.00
Juice Cup - $.60
Bottled Water - $.75

In School Only
Daily Alternative Lunch
Fresh salad with choice of
topping, breadstick and dressing
Variety of sandwiches
M-Tuna Salad Sandwich
T-Turkey with Lettuce Sandwich
W-Bologna & Cheese Sandwich
Thu- PB&J Uncrustable
F-Ham & Cheese Sandwich
Includes: Vegetable, fruit & milk

Grab N Go Breakfast
*All meals include fresh fruit, 100%
juice, low fat or fat free milk.
Variety of options*
Mini Pancakes (maple or strawberry)
Warm Whole Grain Bagel
Muffin (blueberry or apple cinn.)
Waffles (maple or blueberry)
Pillsbury Bagels w/ cream cheese filling
Daily-Cereal Bowls, Cereal Bars, Yogurt, Pop Tart

This institution is an equal opportunity provider and employer

All meals meet the Whole grain requirement