



# East Greenbush Central School Breakfast Menu

**November 20-21**

**Grades 9-12**



Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday

A Students

B Students

Virtual Learning

A Students

B Students

|   |   |   |  |   |
|---|---|---|--|---|
| <p><b>2) Assorted Cereal Bowls</b><br/>Delicious varieties<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p> | <p><b>3) K-12 Half Day Professional Development</b></p>   | <p><b>4) Lender's Bagel</b><br/>Served with cream cheese<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p> | <p><b>5) Pancake wrapped sausage</b><br/>Served on a stick<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>  | <p><b>6) French Toast Sticks</b><br/>Served with syrup<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>               |
| <p><b>9) Cinnamon-Sugared Donut</b><br/>Served warm<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>        | <p><b>10) Sausage, Egg &amp; Cheese</b><br/>Served on a pretzel roll<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p> | <p><b>11) No School Veterans Day</b></p>  | <p><b>12) Assorted Cereal Bowls</b><br/>Delicious varieties<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p> | <p><b>13) Vanilla Yogurt (6oz)</b><br/>Served with granola<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>           |
| <p><b>16) Lender's Bagel</b><br/>Served with cream cheese<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>  | <p><b>17) Cinnamon Bun</b><br/>Individually wrapped<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>                  | <p><b>18) French Toast Sticks</b><br/>Served with syrup<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>  | <p><b>19) Whole Grain Muffin</b><br/>Assorted Varieties<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>     | <p><b>20) Sausage, Egg &amp; Cheese</b><br/>Served on a pretzel roll<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p> |
| <p><b>23) Vanilla Yogurt (6oz)</b><br/>Served with granola<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p> | <p><b>24) Assorted Cereal Bowls</b><br/>Delicious varieties<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>          | <p><b>25) No School Thanksgiving Recess</b></p>   | <p><b>26) No School Thanksgiving Recess</b></p>  | <p><b>27) No School Thanksgiving Recess</b></p>   |
| <p><b>30) Lender's Bagel</b><br/>Served with cream cheese<br/>100% Juice cup<br/>Fresh Fruit or Light Fruit Cup<br/>Low Fat or Fat Free Milk</p>  |   |   |  |   |

***This institution is an equal opportunity provider and employer***  
All meals are packaged with heating and refrigeration instructions  
All meals meet the Whole grain requirement

All meals include fresh fruit, 100% juice, low fat or fat free milk  
We serve a variety of breakfast items: