

East Greenbush Central School Breakfast Menu

JANUARY 2021
GRADES 9-12



Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday

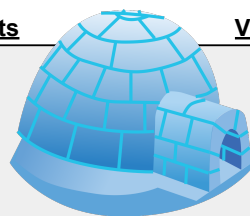
A Students

B Students

Virtual Learning

A Students

B Students



				1 NO SCHOOL WINTER RECESS
4 Sausage, Egg & Cheese Served on an English muffin Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	5 Whole Grain Muffin Assorted Varieties Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	6 Vanilla Yogurt (6oz) Served with granola Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	7 Assorted Cereal Bowls Delicious varieties Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	8 French Toast Sticks Served with syrup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
11 Pancake Wrapped Sausage Served on a stick Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	12 Assorted Cereal Bowls Delicious varieties Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	13 Cinnamon Bun Individually wrapped Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	14 Vanilla Yogurt (6oz) Served with granola Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	15 Lender's Bagel Variety Served with cream cheese Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
18 NO SCHOOL MLK DAY	19 Vanilla Yogurt (6oz) Served with granola Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	20 French Toast Sticks Served with syrup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	21 Whole Grain Muffin Assorted Varieties Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	22 Sausage, Egg & Cheese Served on an English muffin Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
25 Assorted Cereal Bowls Delicious varieties Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	26 Lender's Bagel Variety Served with cream cheese Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	27 Sausage, Egg & Cheese Served on an English muffin Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	28 French Toast Sticks Served with syrup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	29 Whole Grain Muffin Assorted Varieties Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk

This institution is an equal opportunity provider and employer

All meals are package with heating and refrigeration instruction

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