



East Greenbush Elementary School Lunch Menu

November 2021



Grades K-5
MySchoolBucks.com




Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | |
|---|---|---|--|---|--|
| A | 1) Meatballs in Marinara Served with a cheesy breadstick Italian green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 2) Carnival corn dog on a stick Sweet cornmeal crust BBQ baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 3) Hamburger or cheeseburger Served on a warm roll Seasoned French fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 4) Popcorn chicken Herb rice & gravy Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 5) Personal pan pizza With whole grain crust Steamed broccoli florets Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk |
| B | 8) Pizza crunchers Sauce and cheese inside Oven baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 9) Breakfast for lunch French toast sticks/sausage links Sweet potato fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 10) Golden chicken nuggets Quinoa tex mex salad Seasoned green beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk |  No School | 12) Toasted cheese sandwich Fresh broccoli cups/pickle slices Creamy tomato soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk |
| A | 15) Tasty hot dog on bun Served with mustard and ketchup Whole grain sun chips Sunny carrot coins Low Fat or Fat Free Milk | 16) Crispy chicken sandwich Ketchup or BBQ sauce Good for you garden salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 17) Taco Salad on tortilla chips Lettuce, cheese, salsa Cheesy refried beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 18) K-5 Half Day Parent Conferences No Lunch Served | |
| B | 22) Crispy mozzarella sticks With marinara dipping sauce Steamed mixed vegetables Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 23) Ellio's square pizza Pepperoni or cheese Good for you garden salad Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 24) Thanksgiving  | | 25) Recess |
| A | 29) Crispy fish sticks Served with Ketchup or mayo Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 30) Hamburger or cheeseburger Served on a warm roll Seasoned French fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk | 26) No School  | | |

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

Snack Prices
 Assorted Yogurt - \$.75
 Chips - \$1.00
 Cookie - \$.60

 Ice Cream - \$1.00
 Juice Cup - \$.60
 Bottled Water - \$.75

Daily Alternative Lunch
 Fresh salad with choice of topping, breadstick and dressing
 OR
 M -Tuna Salad Sandwich
 T -Turkey with Lettuce Sandwich
 W - Bologna & Cheese Sandwich
 Th -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.
 A variety of items
 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 Tarts

A la carte Fruit or veggies \$.80; A la carte Milk \$.60

All meals meet the Whole grain requirement

Menu is subject to change

This institution is an equal opportunity provider and employer