



# East Greenbush Elementary School Lunch Menu

## January 2022



January 2022  
Grade K-5  
MySchoolBucks.com

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

A	<b>3) Popcorn chicken (8)</b> Served with herb rice Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>4) Toasted cheese sandwich</b> Creamy Tomato Soup Little Dilly Pickles Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>5) Breakfast for lunch</b> French toast sticks Sausage links (2)/Hash brown Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>6) Crispy chicken sandwich</b> Served on warm bun Bush baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>7) French bread pizza</b> Cheese or pepperoni Italian Green Beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	
B	<b>10) Golden pizza dunkers</b> Served with marinara sauce Minestrone Soup Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>11) Yummy hot dog</b> Served on a warm bun Oven baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>12) Hamburger or cheeseburger</b> Served on warm bun Crispy smile fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>13) Golden chicken nuggets</b> Served with herb rice Carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>14) Stuffed crust pizza</b> Cheese or Pepperoni Seasoned broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	
A	<b>17)</b> <b>No School</b> <b>Martin Luther King Jr. Day</b>	<b>18) Crispy pizza crunchers</b> With sauce & cheese inside Steamed mixed veggies Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>19) Meatball marinara</b> Served with a warm bread stick Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>20) Popcorn Chicken (8)</b> Soft pretzel Garden salad with dressing Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>21) Golden Calzone</b> Marinated chickpea salad Carrot coins / marinara sauce Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	
B	<b>24) Lots of fun corn dog</b> Wrapped in sweet corn bread Bush's baked beans Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>25) Cheesy Pull-Apart Italian Bagel</b> Individually wrapped Sunny carrot coins Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>26) Hamburger/Cheeseburger</b> Served on Warm Wheat Bun Crispy seasoned fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>27) Golden chicken nuggets</b> Served with herb rice Steamed broccoli Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	<b>28) Personal pan pizza</b> Whole grain crust Sunny sweet corn Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk	
A	<b>31) Yummy fish sticks</b> Served with ketchup or mayo Sweet potato fries Fresh Fruit/Light Fruit Cup Low Fat or Fat Free Milk					<u>Grab N Go Breakfast</u> All meals include fresh fruit, 100% juice, low fat or fat free milk. 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

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 - \$1.50
Chips - \$1.00
Cookie - \$.60
Ice Cream - \$1.00
Juice Cup - \$.60
Bottled Water - \$.75

Daily Alternative Lunch  
 Fresh salad with choice of  
 \*Crab, breadstick and dressing  
 OR  
 Tuna Salad Sandwich  
 Turkey with Lettuce Sandwich  
 Bologna & Cheese Sandwich  
 PB&J Uncrustable  
 Ham & Cheese Sandwich  
 Includes: Vegetable, fruit & milk



All meals meet the Whole grain requirement

*This institution is an equal opportunity provider and employer*