



Grades PK-5: \$3.00, Milk: \$.60



# SEPTEMBER 2022

East Greenbush CSD Elementary Schools

Daily Alternates:

Fresh Salad with Choice of Topping, Breadstick & Dressing

Assorted Sandwiches Daily

Served with Daily Vegetables, Fruit, & Milk

Monday

Tuesday

Wednesday

Thursday

Friday



Labor Day  
No School

5

**Pizza Crunchers**  
*Crispy Crust with Sauce & Cheese*  
Sunny Sweet Corn  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

6

**Marinated Meatballs**  
Italian Seasoned Dinner Roll  
Steamed Broccoli Florets  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

7

**Crispy Chicken Sandwich**  
on a Whole Grain Bun  
Oven Baked Beans  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

8

**French Bread Pizza**  
*Whole Grain Crust*  
California Mixed Vegetables  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

9

**Crispy Mozzarella Sticks**  
*Served with Marinara Sauce*  
Italian Seasoned Green Beans  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

12

**Hot Dog**  
on a Whole Grain Bun  
French Fries  
Oven Baked Beans  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

13

**Toasted Cheese Sandwich**  
Creamy Tomato Soup  
Assorted Fresh Vegetables  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

14

**Popcorn Chicken**  
Herbed Rice  
Sweet Carrot Coins  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

15

**Stuffed Crust Pizza**  
*Whole Grain Crust*  
Steamed Broccoli Florets  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

16

**Crispy Fish Sticks**  
Sweet Carrot Coins  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

19

**French Toast Sticks**  
Turkey Sausage Links  
Smiley Fries  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

20

**Taco Salad with Tortilla Chips**  
Lettuce, Cheese, & Salsa  
Cheesy Refried Beans  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

21

**Chicken Nuggets**  
Herbed Rice with Gravy  
Garden Salad  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

22

**Pizza Dunker Sticks**  
*Served with Warm Marinara Sauce*  
Italian Seasoned Green Beans  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

23

K-12 Half Day  
No Lunch Served

26

**Whole Grain Mac & Cheese**  
Steamed Broccoli  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

27

**Hamburger/Cheeseburger**  
on a Whole Grain Bun  
Seasoned French Fries  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

28

**Popcorn Chicken**  
Italian Pasta Salad  
Sweet Carrot Coins  
Fresh Fruit/Fruit Cup  
Low Fat or Fat Free Milk

29

**Cheesy Pull Apart Bread**  
*Served with Marinara Sauce*  
Cucumber Wheels  
Fresh Fruit/Fruit Cup  
Low Fat and Fat Free Milk

30

This institution is an equal opportunity provider and employer.  
Menu is subject to change without notice.

