

BREAKFAST

Grades K-8: \$1.75, Milk \$.60

SEPTEMBER 2022

East Greenbush CSD
Grades K-8



Monday

Tuesday

Wednesday

Thursday

Friday



5
Labor Day
No School

6
Pillsbury Cini-Minis
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

7
Cereal Bar
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

1
K-12
Professional Development
(No Students)

2
No School

12
Whole Grain Poptart
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

13
Whole Grain Bagel
Cream Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

14
Giant Goldfish Grahams
Low-Fat Yogurt
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

15
Pillsbury Mini Waffles
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

16
Cereal Bar
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

19
Whole Grain Muffin
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

20
Assorted Cereal Bowls
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

21
Whole Grain Poptart
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

22
Whole Grain Bagel
Cream Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

23
Giant Goldfish Grahams
Low-Fat Yogurt
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

26
Pillsbury Apple Frudel
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

27
Cereal Bar
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

28
Whole Grain Muffin
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

29
Assorted Cereal Bowls
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

30
Whole Grain Poptart
String Cheese
100% Juice Cup
Fresh Fruit/Fruit Cup
Low Fat or Fat Free Milk

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

