

SEPTEMBER 2022

East Greenbush CSD Pre-K
Red Mill, Genet & DPS

Monday

Tuesday

Wednesday

Thursday

Friday



1
K-12
Professional Development
(No Students)

2
No School

5
Labor Day
No School

6
Pizza Crunchers
Sunny Sweet Corn
Fresh Fruit or Fruit Cup
1% White Milk

7
Meatballs with Sauce
Whole Grain Dinner Roll
Mixed Vegetables
Fresh Fruit or Fruit Cup
1% White Milk

8
½ Crispy Chicken Sandwich
on a Whole Grain Bun
Oven Baked Beans
Fresh Fruit or Fruit Cup
1% White Milk

9
½ French Bread Pizza
Steamed Broccoli
Fresh Fruit or Fruit Cup
1% White Milk

12
Crispy Mozzarella Sticks
Marinara Sauce Cup
Green Beans
Fresh Fruit or Fruit Cup
1% White Milk

13
½ Cheeseburger
on a Whole Grain Bun
French Fries
Fresh Fruit or Fruit Cup
1% White Milk

14
½ Toasted Cheese
on Whole Grain Bread
Cucumber Wheels
Fresh Fruit or Fruit Cup
1% White Milk

15
Popcorn Chicken
Sweet Carrot Coins
Fresh Fruit or Fruit Cup
1% White Milk

16
Stuffed Crust Pizza
Steamed Broccoli
Fresh Fruit or Fruit Cup
1% White Milk

19
Crispy Fish Sticks
Carrot Coins
Fresh Fruit or Fruit Cup
1% White Milk

20
French Toast Sticks
Turkey Sausage Link
Smiley Fries
Fresh Fruit or Fruit Cup
1% White Milk

21
Cheese Quesadilla
Refried Beans
Fresh Fruit or Fruit Cup
1% White Milk

22
Chicken Nuggets
Cucumber Wheels
Fresh Fruit or Fruit Cup
1% White Milk

23
Pizza Dunker Stick
Green Beans
Fresh Fruit or Fruit Cup
1% White Milk

26
K-12 Half Day
No Lunch Served
Breakfast Only

27
Whole Grain Mac & Cheese
Steamed Broccoli
Fresh Fruit or Fruit Cup
1% White Milk

28
½ Cheeseburger
on a Whole Grain Bun
French Fries
Fresh Fruit or Fruit Cup
1% White Milk

29
Popcorn Chicken
Sweet Carrot Coins
Fresh Fruit or Fruit Cup
1% White Milk

30
Cheesy Pull Apart Bread
Cucumber Wheels
Fresh Fruit or Fruit Cup
1% White Milk