



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

OCTOBER 2022

East Greenbush CSD Elementary Schools



Monday

Whole Grain **3**
Corn dog on a Stick
BBQ Baked Beans
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Columbus Day
No School
National School Lunch Week!
October 10-14

Pizza Crunchers **17**
Fresh Broccoli Florets with Ranch
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Hamburger or Cheeseburger **24**
on a Whole Wheat Bun
BBQ Baked Beans
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Toasted Cheese Croissant **31**
Campbell's Tomato Soup
Cucumber Wheels
Mini Rice Krispie Treat
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Tuesday

Meatballs & Marinara Sauce **4**
Cheesy Breadstick
Fresh Broccoli Florets
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Breakfast for Lunch! **11**
French Toast Sticks
Turkey Sausage
Maple Glazed Carrots
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Hot Dog on a **18**
Whole Wheat Bun
Roasted Red Potatoes
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Chicken Quesadilla with **25**
Salsa & Sour Cream
Confetti Corn Salad
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

October 10-14 is National School Lunch Week!
We will be serving our student's favorite meals throughout the week. This is a great week to give school lunch a try!

Wednesday

No School

Taco Day! **12**
Soft Beef Taco with
Cheese, Salsa, & Sour Cream
Seasoned Black Beans
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Pasta with Meat Sauce **19**
Cucumber Salad
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

French Toast Sticks **26**
Turkey Sausage
Sweet Potato Puffs
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Thursday

Chicken Nuggets **6**
Herbed Rice
Garlic Green Beans
Fresh Fruit Cup
Low Fat or Fat Free Milk

Chicken Day! **13**
Popcorn Chicken
Whole Wheat Dinner Roll
Mashed Potatoes
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Crispy Chicken Sandwich **20**
on a Whole Wheat Bun
Seasoned Carrot Coins
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Chicken Nuggets **27**
Herbed Rice
Garden Salad with Lite Dressing
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Friday

Stuffed Crust Pizza **7**
Baby Carrots with Ranch
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Pizza Day! **14**
Personal Pan Pizza
Garden Salad with Lite Dressing
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

French Bread Pizza **21**
Marinated Chickpea Salad
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk

Pizza Dunker Sticks **28**
served with Marinara Sauce
Roasted Cauliflower
Fresh Fruit or Fruit Cup
Low Fat or Fat Free Milk



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

