

# NOVEMBER 2022

## East Greenbush Pre-K @ ECEC

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


**7**  
Popcorn Chicken  
Whole Grain Cornbread  
Steamed Broccoli  
Fresh Fruit or Fruit Cup  
1% White Milk

**14**  
Pizza Dunker Sticks  
with Marinara Sauce  
Seasoned Mixed Vegetables  
Fresh Fruit or Fruit Cup  
1% White Milk

**21**  
Toasted Cheese Sandwich  
Grape Tomatoes  
Fresh Fruit or Fruit Cup  
1% White Milk

**28**  
Chicken Patty on a  
Whole Wheat Bun  
Italian Seasoned Green Beans  
Fresh Fruit or Fruit Cup  
1% White Milk

**1**  
**½ Day**  
**Parent Teacher Conferences**  
**No Lunch Served**

**8**  
½ Turkey & Cheese  
on Whole Grain Bread  
Cucumber Wheels  
Fresh Fruit or Fruit Cup  
1% White Milk

**15**  
½ Turkey & Cheese  
on Whole Grain Bread  
Celery Sticks  
Fresh Fruit or Fruit Cup  
1% White Milk

**22**  
½ Turkey & Cheese  
on Whole Grain Bread  
Cucumber Wheels  
Fresh Fruit or Fruit Cup  
1% White Milk

**29**  
½ Turkey & Cheese  
on Whole Grain Bread  
Celery Sticks  
Fresh Fruit or Fruit Cup  
1% White Milk

**2**  
Whole Grain Mac & Cheese  
Cucumber Wheels  
Fresh Fruit or Fruit Cup  
1% White Milk

**9**  
Cheeseburger on a  
Whole Wheat Bun  
Baby Carrots  
Fresh Fruit or Fruit Cup  
1% White Milk

**16**  
French Toast Sticks  
Turkey Sausage Links  
Maple Glazed Carrots  
Fresh Fruit or Fruit Cup  
1% White Milk

**23**  
**Thanksgiving Recess**  
**No School**

**30**  
Hot Dog on a  
Whole Wheat Bun  
Smiley Fries  
Fresh Fruit or Fruit Cup  
1% White Milk

**3**  
Smucker's Uncrustable  
Goldfish Crackers  
Baby Carrots  
Fresh Fruit or Fruit Cup  
1% White Milk

**10**  
**½ Day**  
**Parent Teacher Conferences**  
**No Lunch Served**

**17**  
Chicken Nuggets  
Herbed Rice  
Seasoned Green Beans  
Fresh Fruit or Fruit Cup  
1% White Milk

**24**  
**Thanksgiving Recess**  
**No School**

**Happy Thanksgiving!**

**4**  
Stuffed Crust Pizza  
Celery Sticks  
Fresh Fruit or Fruit Cup  
1% White Milk

**11**  
**Veterans Day**  
**No School**

**18**  
Smucker's Uncrustable  
Goldfish Crackers  
Baby Carrots  
Fresh Fruit or Fruit Cup  
1% White Milk

**25**  
**Thanksgiving Recess**  
**No School**

