

NOVEMBER 2022

East Greenbush Pre-K
Genet, Red Mill & DPS

Monday

Tuesday

Wednesday

Thursday

Friday



7
Pizza Crunchers
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
Campbell's Tomato Soup
Baby Carrots
Fresh Fruit or Fruit Cup
1% White Milk

28
Whole Grain
Mozzarella Sticks
with Marinara Sauce
Italian Seasoned Green Beans
Fresh Fruit or Fruit Cup
1% White Milk

1
Meatballs & Marinara Sauce
Warm Garlic Dinner Roll
Italian Seasoned Green Beans
Fresh Fruit or Fruit Cup
1% White Milk

8
Crispy Fish Filet
on a Whole Wheat Bun
Homemade Cole Slaw
Baby Carrots
Fresh Fruit or Fruit Cup
1% White Milk

15
Hamburger/Cheeseburger
on a Whole Wheat Bun
BBQ Baked Beans
Fresh Fruit or Fruit Cup
1% White Milk

22
French Bread Pizza
Roasted Cauliflower
Thanksgiving Treat
Fresh Fruit or Fruit Cup
1% White Milk

29
**½ Day
Parent Conferences
No Lunch Served**

2
Whole Grain Mac & Cheese
Garden Salad with Lite Dressing
Cucumber Wheels
Fresh Fruit or Fruit Cup
1% White Milk

9
Taco Salad
with Tortilla Chips
Lettuce, Cheese & Salsa
Cheesy Refried Beans
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
Crispy Chicken Sandwich
on a Whole Wheat Bun
Potato Puffs
Oven Baked Beans
Fresh Fruit or Fruit Cup
1% White Milk

10
Popcorn Chicken
Sunny Sweet Corn
Fresh Fruit or Fruit Cup
1% White Milk

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
Baby Carrots
Fresh Fruit or Fruit Cup
1% White Milk

11
**Veterans Day
No School**

18
**K-12 ½ Day
Professional Development
No Lunch Served**

25
**Thanksgiving Recess
No School**



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