

September 2023

East Greenbush CSD Elementary & Middle School



MON	TUE	WED	THU	FRI
4 Labor Day No School	5 Superintendent's Conference Day No School	6 Superintendent's Conference Day No School	7 Popcorn Chicken Mashed Potatoes Green Beans Assorted Fruit Choice of Milk	8 Stuffed Crust Pizza Cucumber Slices Baby Carrots Assorted Fruit Choice of Milk
11 Cheeseburger on a Whole Grain Bun French Fries Baked Beans Assorted Fruit Choice of Milk	12 Toasted Cheese Sandwich Campbell's Tomato Soup Garden Salad Assorted Fruit Choice of Milk	13 Taco Salad with Baked Tostitos & Salsa Black Bean & Corn Salad Assorted Fruit Choice of Milk	14 Chicken Nuggets Vegetable Herb Rice Peas & Diced Carrots Assorted Fruit Choice of Milk	15 Personal Pan Pizza Cherry Tomatoes Baby Carrots Assorted Fruit Choice of Milk
18 Pizza Crunchers Mixed Vegetables Baby Carrots Assorted Fruit Choice of Milk	19 Cinnamon Glazed French Toast Sticks with Syrup Turkey Sausage Links Carrot Coins Assorted Fruit Choice of Milk	20 Penne Pasta Marinara with Turkey Meatballs Fresh Broccoli Florets Chickpea Salad Assorted Fruit Choice of Milk	21 Crispy Chicken Sandwich Smiley Fries Baby Carrots Assorted Fruit Choice of Milk	22 French Bread Pizza Garden Salad Baby Carrots Assorted Fruit Choice of Milk
25 School Recess	26 Hot Dog on a Whole Grain Bun Baked Beans Baby Carrots Assorted Fruit Choice of Milk	27 Chicken Pizza Quesadilla Confetti Corn Salad Baby Carrots Assorted Fruit Choice of Milk	28 Chicken Tenders Mini Cornbread Loaf Seasoned Green Beans Baby Carrots Assorted Fruit Choice of Milk	29 Pizza Dunkers Warm Marinara Sauce Fresh Broccoli Florets Baby Carrots Assorted Fruit Choice of Milk

**WE HAVE A MOBILE APP FOR SCHOOL MENUS!**  
YOU CAN ACCESS YOUR SCHOOL'S MENUS ON THE GO 24/7

**AWESOME FEATURES**

- SEE MENU ITEMS OFFERED AT YOUR SCHOOL
- VIEW ALLERGENS & INGREDIENTS
- ACCESS NUTRITION INFO
- NAVIGATE TO MEAL PAYMENT OR BENEFIT PROGRAMS

**GET STARTED:**

- GO TO THE IPhone'S APP STORE OR GOOGLE PLAY
- DOWNLOAD THE APP "MY SCHOOL MENUS"
- SELECT YOUR DISTRICT & SCHOOL
- HAVE ACCESS TO SCHOOL MENUS ON THE GO!

**ANNOUNCEMENTS**

Welcome back to the 2023-2024 school year!

Applications for Free & Reduced Price Meals are available at:  
[egcsd.org/departments/food-services](http://egcsd.org/departments/food-services)



Please contact the Food Services Department with any questions!

**Daily Alternate Entree**  
offered with Daily Vegetable, Fruit, & Choice of Milk

- Smucker's Uncrustable offered with String Cheese & Goldfish Crackers
- Whole Grain Muffin & Trix Yogurt offered with String Cheese & Goldfish Crackers
- Garden Salad offered with Dinner Roll & Choice of Meat/Cheese
- Sandwich of the Day on Whole Grain Bread:
  - Monday: Tuna Salad
  - Tuesday: Turkey & Cheese
  - Wednesday: Bolonga & Cheese
  - Thursday: Ham & Cheese
  - Friday: Smucker's Uncrustable