

September 2023

East Greenbush CSD Pre-K

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 1% White Milk	8 Stuffed Crust Pizza Cucumber Slices Baby Carrots Assorted Fruit 1% White Milk
11 Cheeseburger on a Whole Grain Bun French Fries Baked Beans Assorted Fruit 1% White Milk	12 Toasted Cheese Sandwich Campbell's Tomato Soup Garden Salad Assorted Fruit 1% White Milk	13 Taco Salad with Baked Tostitos & Salsa Black Bean & Corn Salad Assorted Fruit 1% White Milk	14 Chicken Nuggets Vegetable Herb Rice Peas & Diced Carrots Assorted Fruit 1% White Milk	15 Personal Pan Pizza Cherry Tomatoes Baby Carrots Assorted Fruit 1% White Milk
18 Pizza Crunchers Mixed Vegetables Baby Carrots Assorted Fruit 1% White Milk	19 Cinnamon Glazed French Toast Sticks with Syrup Turkey Sausage Links Carrot Coins Assorted Fruit 1% White Milk	20 Penne Pasta Marinara with Turkey Meatballs Fresh Broccoli Florets Chickpea Salad Assorted Fruit 1% White Milk	21 Crispy Chicken Sandwich Smiley Fries Baby Carrots Assorted Fruit 1% White Milk	22 French Bread Pizza Garden Salad Baby Carrots Assorted Fruit 1% White Milk
25 School Recess	26 Hot Dog on a Whole Grain Bun Baked Beans Baby Carrots Assorted Fruit 1% White Milk	27 Chicken Pizza Quesadilla Confetti Corn Salad Baby Carrots Assorted Fruit 1% White Milk	28 Chicken Tenders Mini Cornbread Loaf Seasoned Green Beans Baby Carrots Assorted Fruit 1% White Milk	29 Pizza Dunkers Warm Marinara Sauce Fresh Broccoli Florets Baby Carrots Assorted Fruit 1% White 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 ALLERGIES & INGREDIENTS
- ACCESS NUTRITION INFO
- NAVIGATE TO MEAL PAYMENT OR BENEFIT PROGRAMS

GET STARTED:

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



Download on the App Store | GET IT ON Google Play

ANNOUNCEMENTS

Welcome back to the 2023-2024 school year!

Applications for Free & Reduced Price Meals are available at:
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

Whole Grain Muffin & Trix Yogurt

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