



October 2023


East Greenbush CSD Elementary & Middle School

MON	TUE	WED	THU	FRI
<p>2</p> <p>Macaroni & Cheese Garlic Breadstick Green Peas Baby Carrots Assorted Fruit Choice of Milk</p>	<p>3</p> <p>Mini Maple Pancakes with Syrup Turkey Sausage Sweet Potato Puffs Baby Carrots Assorted Fruit Choice of Milk</p>	<p>4</p> <p>Mozzarella Sticks with Marinara Sauce Pasta with Garlic & Oil Fresh Broccoli Florets Chickpea Salad Assorted Fruit Choice of Milk</p>	<p>5</p> <p>Chicken Nuggets Roasted Potatoes Baby Carrots Assorted Fruit Choice of Milk</p>	<p>6</p> <p>Three Cheese Calzone Cucumber Slices with Ranch Baby Carrots Assorted Fruit Choice of Milk</p>
<p>9</p> <p>Columbus Day No School</p>	<p>10</p> <p>Mandarin Orange Chicken Brown Rice Garlic Green Beans Baby Carrots Assorted Fruit Choice of Milk</p>	<p>11</p> <p>Taco Salad Baked Tostitos & Salsa Cheesy Refried Beans Baby Carrots Assorted Fruit Choice of Milk</p>	<p>12</p> <p>Popcorn Chicken & Waffle with Syrup Honey Glazed Carrots Baby Carrots Assorted Fruit Choice of Milk</p>	<p>13</p> <p>Stuffed Crust Pizza Cucumber Salad Baby Carrots Assorted Fruit Choice of Milk</p>
<p>16</p> <p>Whole Grain Corn Dog BBQ Baked Beans Baby Carrots Assorted Fruit Choice of Milk</p>	<p>17</p> <p>Cinnamon Glazed French Toast Sticks with Syrup Trix Yogurt Potato Puffs Baby Carrots Assorted Fruit Choice of Milk</p>	<p>18</p> <p>Pasta with Meat Sauce Garden Salad Baby Carrots Assorted Fruit Choice of Milk</p>	<p>19</p> <p>Crispy Chicken Sandwich Roasted Cauliflower Baby Carrots Assorted Fruit Choice of Milk</p>	<p>20</p> <p>French Bread Pizza Grape Tomatoes Baby Carrots Assorted Fruit Choice of Milk</p>
<p>23</p> <p>Cheeseburger on a Whole Grain Bun French Fries Baby Carrots Assorted Fruit Choice of Milk</p>	<p>24</p> <p>Toasted Cheese Croissant Campbell's Tomato Soup Chickpea Salad Baby Carrots Assorted Fruit Choice of Milk</p>	<p>25</p> <p>Homemade Chili Mini Cornbread Loaf Celery Sticks Baby Carrots Assorted Fruit Choice of Milk</p>	<p>26</p> <p>Chicken Tenders Whole Grain Biscuit Garlic Green Beans Baby Carrots Assorted Fruit Choice of Milk</p>	<p>27</p> <p>Personal Pan Pizza Roasted Broccoli Baby Carrots Assorted Fruit Choice of Milk</p>
<p>30</p> <p>Pizza Crunchers Grape Tomatoes Baby Carrots Assorted Fruit Choice of Milk</p>	<p>31</p> <p>Crispy Fish Sticks Smiley Fries Coleslaw Baby Carrots Assorted Fruit Choice of Milk</p>			<p>WE HAVE A MOBILE APP FOR SCHOOL MENUS! YOU CAN ACCESS YOUR SCHOOL'S MENUS ON THE GO 24/7</p>  <p>AWESOME FEATURES:</p> <ul style="list-style-type: none"> SEE MENU ITEMS OFFERS AT YOUR SCHOOL VIEW ALLERGENS & PREPAREMENTS ACCESS NUTRIMENT INFO NAVIGATE TO MEAL PAYMENT OR BENEFIT PROGRAMS <p>GET STARTED:</p> <ul style="list-style-type: none"> GO TO THE BUNDLES APP STORE OR GOOGLE PLAY DOWNLOAD THE APP "MY SCHOOL MENU" SELECT DISTRICT, DISTRICT & SCHOOL VIEW ACCESS TO SCHOOL MENUS ON THE GO

ANNOUNCEMENTS



National School Lunch Week
October 9-13, 2023



October is Farm to School Month!
We are proud to serve products from NYS daily. Check out all of the items in green!

Please complete an application for Free & Reduced Price Meals before last year's status expires on October 20th

Applications are available at:
egcsd.org/departments/food-services

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: Bologna & Cheese
Thursday: Ham & Cheese
Friday: Smucker's Uncrustable