

# October 2023

## East Greenbush CSD Pre-K

MON	TUE	WED	THU	FRI
<p>2</p> <p>Macaroni &amp; Cheese Garlic Breadstick Green Peas Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>3</p> <p>Mini Maple Pancakes with Syrup Turkey Sausage Sweet Potato Puffs Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>4</p> <p>Mozzarella Sticks with Marinara Sauce Pasta with <b>Garlic &amp; Oil</b> <b>Fresh Broccoli Florets</b> Chickpea Salad <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>5</p> <p>Chicken Nuggets <b>Roasted Potatoes</b> Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>6</p> <p>Three Cheese Calzone Cucumber Slices with Ranch Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>
<p>9</p> <p>Columbus Day  No School</p>	<p>10</p> <p>Mandarin Orange Chicken Brown Rice Garlic Green Beans Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>11</p> <p>Taco Salad Baked Tostitos &amp; Salsa Cheesy Refried Beans Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>12</p> <p>Popcorn Chicken &amp; Waffle with Syrup Honey Glazed Carrots Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>13</p> <p>Stuffed Crust Pizza Cucumber Salad Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>
<p>16</p> <p>Whole Grain Corn Dog BBQ Baked Beans Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>17</p> <p>Cinnamon Glazed French Toast Sticks with Syrup Trix Yogurt Potato Puffs Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>18</p> <p>Pasta with <b>Meat Sauce</b> <b>Garden Salad</b> Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>19</p> <p>Crispy Chicken Sandwich <b>Roasted Cauliflower</b> Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>20</p> <p>French Bread Pizza Grape Tomatoes Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>
<p>23</p> <p>Cheeseburger on a Whole Grain Bun French Fries Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>24</p> <p>Toasted Cheese Croissant Campbell's Tomato Soup Chickpea Salad Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>25</p> <p><b>Homemade Chili</b> Mini Cornbread Loaf <b>Celery Sticks</b> Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>26</p> <p>Chicken Tenders Whole Grain Biscuit Garlic Green Beans Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>27</p> <p>Personal Pan Pizza <b>Roasted Broccoli</b> Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>
<p>30</p> <p>Pizza Crunchers Grape Tomatoes Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>	<p>31</p> <p>Crispy Fish Sticks Smiley Fries <b>Coleslaw</b> Baby Carrots <b>Assorted Fruit</b> <b>1% White Milk</b></p>			<p>WE HAVE A MOBILE APP FOR SCHOOL MENUS!</p> <p>YOU CAN ACCESS YOUR SCHOOL'S MENUS ON THE GO 24/7</p> <p><b>AWESOME FEATURES</b></p> <ul style="list-style-type: none"> <li>SEE MENU FROM OFFERS AT YOUR SCHOOL</li> <li>VIEW ALLERGENS &amp; PHOSPHATES</li> <li>ACCESS NUTRIMENT INFO</li> <li>NAVIGATE TO MEAL PAYMENT OR BENEFIT PROGRAMS</li> </ul> <p><b>GET STARTED:</b></p> <ul style="list-style-type: none"> <li>GO TO THE STORE'S APP STORE OR GOOGLE PLAY</li> <li>DOWNLOAD THE APP "MY SCHOOL MENU"</li> <li>SELECT DISTRICT, DISTRICT &amp; SCHOOL</li> <li>VIEW ACCESS TO SCHOOL MENUS ON THE GO!</li> </ul> 

### 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](http://egcsd.org/departments/food-services)

### Daily Alternate Entree

offered with Daily Vegetable, Fruit, & 1% White 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