

November 2023

East Greenbush CSD Elementary & Middle School

MON	TUE	WED	THU	FRI
		1 Professional Development Day No School	2 Chicken Nuggets Vegetable Herb Rice Carrot Coins Baby Carrots Assorted Fruit Choice of Milk	3 Pizza Dunkers Marinara Sauce Cucumber Slices Baby Carrots Assorted Fruit Choice of Milk
6 Meatballs & Marinara Bosco Cheesy Breadstick Fresh Broccoli Florets Baby Carrots Assorted Fruit Choice of Milk	7 Mini Maple Pancakes with Syrup Turkey Sausage Links Sweet Potato Puffs Baby Carrots Assorted Fruit Choice of Milk	8 Hot Dog on a Whole Wheat Bun BBQ Baked Beans Baby Carrots with Ranch Assorted Fruit Choice of Milk	9 Popcorn Chicken Vegetable Pasta Salad Golden Corn Baby Carrots Assorted Fruit Choice of Milk	10 Veterans Day Observance No School
13 Macaroni & Cheese Garlic Breadstick Peas & Carrots Baby Carrots Assorted Fruit Choice of Milk	14 Mandarin Orange Chicken Vegetable Egg Roll Steamed Broccoli Florets Assorted Fruit Choice of Milk	15 Chicken Pizza Quesadilla Black Bean & Corn Salad Baby Carrots Assorted Fruit Choice of Milk	16 Hot Honey Chicken & Cheddar Croissant Smiley Fries Baby Carrots Assorted Fruit Choice of Milk	17 Stuffed Crust Pizza Chickpea Salad Grape Tomatoes Baby Carrots Assorted Fruit Choice of Milk
20 Cheeseburger on a Whole Wheat Bun BBQ Baked Beans Baby Carrots with Ranch Assorted Fruit Choice of Milk	21 French Toast Sticks with Syrup Yoplait Trix Yogurt Sweet Potato Puffs Assorted Fruit Choice of Milk	22 Thanksgiving Recess No School	23 Thanksgiving Recess No School	24 Thanksgiving Recess No School
27 Pizza Crunchers Seasoned Green Beans Ranch Roasted Chickpeas Assorted Fruit Choice of Milk	28 Toasted Cheese Sandwich Campbell's Tomato Soup Celery Sticks Assorted Fruit Choice of Milk	29 Taco Salad Baked Tostitos Chips with Salsa Fiesta Lime Corn Assorted Fruit Choice of Milk	30 Oven Roasted Chicken Mini Cornbread Loaf Mashed Potatoes & Gravy Baby Carrots Assorted Fruit Choice of Milk	

ANNOUNCEMENTS

Applications for Free & Reduced Price Meals are available at: egcsd.org/departments/food-services



Please contact the Food Services Department with any questions!

Nutritional information can be found on our online menus

Daily Alternates

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