

# November 2023

## East Greenbush CSD Pre-K

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

### ANNOUNCEMENTS

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!

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