

# December 2023

## East Greenbush CSD Elementary & Middle School



| MON                                                                                                                         | TUE                                                                                                                      | WED                                                                                                                                   | THU                                                                                                                                                        | FRI                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|                                                                                                                             |                                                                                                                          |                                                                                                                                       |                                                                                                                                                            | 1<br>French Bread Pizza<br>Cucumber Wheels<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk              |
| 4<br>Whole Grain Corndog<br>BBQ Baked Beans<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk                             | 5<br>Egg & Cheese Croissant<br>Turkey Sausage<br>Sweet Potato Puffs<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk  | 6<br>Meatball Sub<br>French Fries<br>Broccoli Florets with Ranch<br>Assorted Fruit<br>Choice of Milk                                  | 7<br>Chicken Tenders<br>Whole Grain Biscuit<br>Seasoned Green Beans<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk<br><br><b>Grades PK-5: 1/2 Day</b> | 8<br>Personal Pan Pizza<br>Grape Tomatoes<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk               |
| 11<br>Crispy Fish Sticks<br>Waffle Fries<br>Homemade Coleslaw<br>Assorted Fruit<br>Choice of Milk                           | 12<br>Pasta with Meat Sauce<br>Garlic Breadstick<br>Roasted Broccoli<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk | 13<br>Roasted Turkey<br>Dinner Roll<br>Mashed Potatoes & Gravy<br>Assorted Fruit<br>Choice of Milk<br><br><b>Grades PK-5: 1/2 Day</b> | 14<br>Chicken Nuggets<br>Vegetable Herb Rice<br>Peas & Carrots<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk                                         | 15<br>Pizza Dunkers<br>Marinara Sauce<br>Chickpea Salad<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk |
| 18<br>Macaroni & Cheese<br>Whole Grain Soft Pretzel<br>Sweet Green Peas<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk | 19<br>French Toast Sticks<br>Turkey Sausage<br>Sweet Potato Puffs<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk    | 20<br>Taco Salad<br>Baked Tostitos Chips<br>Cheesy Refried Beans<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk                  | 21<br>Chicken Parmesan Sandwich<br>Garden Salad<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk                                                        | 22<br>Stuffed Crust Pizza<br>Seasoned Green Beans<br>Baby Carrots<br>Assorted Fruit<br>Choice of Milk       |
| 25<br><b>Holiday Recess</b><br><br><b>No School</b>                                                                         | 26<br><b>Holiday Recess</b><br><br><b>No School</b>                                                                      | 27<br><b>Holiday Recess</b><br><br><b>No School</b>                                                                                   | 28<br><b>Holiday Recess</b><br><br><b>No School</b>                                                                                                        | 29<br><b>Holiday Recess</b><br><br><b>No School</b>                                                         |

### ANNOUNCEMENTS

Applications for Free & Reduced Price Meals are available at: [egcsd.org/departments/food-service](http://egcsd.org/departments/food-service)



Please contact the Food Services Department with any questions!

Nutritional information can be found on our online menus

### Daily Alternatives

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