

East Greenbush Central School Breakfast & Lunch Menu

	St. Mary's & (Wednesday only) Genet Child Care	OCTOBER GCC			
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<u>A Students</u>	<u>B Students</u>	<u>Virtual Learning</u>	<u>A Students</u>	<u>B Students</u>
B r e a k f a s t	Whole Grain Muffin	Vanilla Yogurt 6oz	Lender's Bagel	Cinnamon Bun	Assorted Cereal
	Chocolate Chip or Banana	Nature Valley Granola Bar	Served with 1oz cream cheese	Individually Wrapped	1oz cheese stick
	100% Juice cup	100% Juice cup	100% Juice cup	100% Juice cup	100% Juice cup
	Fresh Fruit or Light Fruit Cup	Fresh Fruit or Light Fruit Cup	Fresh Fruit or Light Fruit Cup	Fresh Fruit or Light Fruit Cup	Fresh Fruit or Light Fruit Cup
	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk
L u n c h	Tuna Salad Sandwich	Crispy Chicken Salad	Turkey & Cheese Sandwich	Italian Mix Wrap	Chicken Salad Sandwich
	Served on wheat bread	Served with Italian dressing	Served on wheat bread	Served with Italian dressing	Served on wheat bread
	Pizza green beans	& garlic breadstick	Confetti corn salad	Celery & Carrot sticks	Tomato & Mozzarella salad
	Fresh Fruit/Light Fruit Cup	Fresh Fruit/Light Fruit Cup	Fresh Fruit/Light Fruit Cup	Fresh Fruit/Light Fruit Cup	Fresh Fruit/Light Fruit Cup
	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk	Low Fat or Fat Free Milk
	Menu Subject to Change				
	<i>This institution is an equal opportunity provider and employer</i>				
	www.egcsd.org/food-services				