

GRADE 9-12

Menu subject to change

EAST GREENBUSH CENTRAL SCHOOLS

MENU February 2010

*Type A lunch includes low fat chocolate or 1% milk. Individual salads w/toppings, dressing & roll are served daily as a Type A lunch choice. Fresh fruit is available daily. Peanut butter & jelly sandwich is available daily as a sandwich choice. **Breakfast includes milk. A variety of cold cereals are offered.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1)Chicken nuggets w/herb rice OR tuna salad sandwich Steamed green beans Chilled mandarin oranges	2)Homemade pepperoni pizza OR turkey w/lettuce sandwich Buttered corn Chilled sliced pears	3)Grilled cheese sandwich OR bologna & cheese sandwich Cream of tomato soup w/crackers Chilled diced peaches	4)Philly cheese steak w/peppers, onions, & cheese OR egg salad sandwich Steamed mixed vegetables Chilled pineapple tidbits	5)Baked lasagna w/French roll OR ham & cheese sandwich Steamed broccoli Chilled mixed fruit
8)Hot dogs (2) on a bun w/meat sauce OR tuna salad sandwich Cream of potato soup w/crackers Chilled sliced peaches	9)Mozzarella sticks w/marinara sauce OR turkey w/lettuce sandwich Rainbow pasta salad Chilled pineapple-tidbits	10)Taco salad w/lettuce, tomato & cheese OR bologna & cheese sandwich Chilled fruit cocktail	11)Turkey wraps w/lettuce OR egg salad sandwich Pickles and chips Minestrone soup w/crackers Fresh apple or banana	12)Fish on a bun w/mac&cheese OR ham & cheese sandwich Pineapple coleslaw Chilled mandarin oranges
15)	16)	17)	18)	19)
***** Winter Recess *****				
22)Chicken patty parm OR tuna salad sandwich Italian green beans Chilled sliced pears	23)Homemade pepperoni pizza OR turkey w/lettuce sandwich Buttered corn Chilled fruit cocktail	24)Bacon cheeseburger on a bun Oven baked fries OR bologna & cheese sandwich Chilled mandarin oranges	25)Turkey Ala King / biscuit OR egg salad sandwich California mixed vegetables Chilled pineapple tidbits	26)Hot meatball sub OR ham & cheese sandwich Fresh tossed salad w/dressing Chilled sliced peaches

**PRICE INCREASE EFFECTIVE JANUARY 1,
2010**

9-12 breakfast **\$1.75**

9-12 lunch **\$2.50**