

# OCTOBER 2024

## Greenbush-Middle River School

Monday

Tuesday

Wednesday

Thursday

Friday

Banana-Berry Muffin, Juice, Milk **1**

Chicken Nuggets, Garlic Potatoes, Peaches, Parmesan Peas, Milk

Banana Split Oatmeal, Strawberries, Juice, Milk **8**

Unbreaded Chicken Burger, Sweet Potato Fries, Melon Cup, Celery Sticks, Milk

Fruit and Yogurt Bar, Juice, Milk **15**

Chicken Wrap with Fresh Veggies, Fruit Cup, Spanish Rice, Milk

Omelette, Toast, Fresh Oranges, Juice, Milk **22**

Egg Salad, Tuna Salad or Peanut Butter Sandwich, Vegetable Soup, Applesauce, Carrot Sticks, Milk

French Toast Sticks, Clementines, Juice, Milk **29**

Macaroni Hotdish, Apple Slices, Corn, Fresh Bun, Milk

Peanut Butter-Apple Wraps, Juice, Milk **2**

Beef Stew, Variety Fruit, Dinner Roll, Milk

Scone, Blueberries, Juice, Milk **9**

Creamed Turkey over Biscuits, Pears, Oven Roasted Vegetables, Milk

Variety Cereal, Variety Fruit, Juice, Milk **16**

Hot Dog or Polish Sausage on A Bun, Sun Chips, Apples, Carrot Sticks, Milk

Variety Cereal, Yogurt, Variety Fruit, Juice, Milk **23**

Taco in a Bag with Fresh Vegetables, Fresh Fruit, Milk

Pancakes, Sausage Links, Mandarin Oranges, Juice, Milk **30**

Pizza, Side Salad, Apple, Milk

Ham, Eggs, Oranges, Juice, Milk **3**

Corn Dogs, Low-Sodium Tortilla Chips, Fruit Cocktail, Celery Sticks, Milk

Variety Cereal, Toast, Variety Fruit, Juice, Milk **10**

Taco Salad with Fresh Vegetables, Fresh Fruit, Milk

No School MEA **17**

Pop Tart, Cheesestick, Grape Cup, Juice, Milk **24**

Popcorn Chicken, Potato Bake, Pineapple, Peas, Milk

Happy Halloween! Cereal, Toast, Applesauce, Juice, Milk **31**

Breaded Chicken Burger, Potato Wedges, Grapes, Cucumber, Milk

Fruit and Yogurt Breakfast Shake with Granola, Juice, Milk **4**

Baked Potato Bar with Fresh Fruits and Vegetables, Dinner Roll, Milk

Cereal Bar, Banana, Juice, Milk **11**

Chili, Corn Bread, Peaches, Carrot Sticks, Milk

No School MEA **18**

Toast, Yogurt, Variety Fruit, Juice, Milk **25**

Homemade Meatballs, Mashed Potatoes, Peaches, Corn, Fresh Bun, Milk

Pancake on a Stick, Fresh Cut Oranges, Juice, Milk **7**

French Bread Pizza, Tossed Salad, Apple, Milk

Scrambled Eggs with Ham, Orange, Juice, Milk **14**

BBQ on a Bun, Mac and Cheese, Cantaloupe, Pea Salad, Milk

Long John, Banana, Juice, Milk **21**

Pulled BBQ Pork on a Bun, Sun Chips, Apple, Baked Beans, Milk

Scrambled Eggs, Toast, Diced Pears, Juice, Milk **28**

Hot Ham and Cheese, Hash Brown, Banana, Baked Beans, Milk