# East Greenwich Township Schools

**November 2019**

### Lunch Bag Express

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>DID YOU KNOW?</strong></td>
<td>Throughout history, November was associated in large parts of the world with the beginning of winter and people would spend the month storing food and preparing their homes to survive the cold season.</td>
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<td><strong>Monday</strong></td>
<td>Ribbies on WGR Roll Carrots</td>
<td>LUNCH BAG EXPRESS: EGG SALAD ON WGR ROLL</td>
<td>WGR Pancake Sausage Patty Scrambled Eggs Peas</td>
<td>LUNCH BAG EXPRESS: CHEESE ON A WGR ROLL</td>
<td>WGR Pizza Stick W Marinara Carrots</td>
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<td><strong>Tuesday</strong></td>
<td>WGR Pizza Stick W Marinara Carrots</td>
<td>WGR French Toast Sticks Hash Browns Sausage Peas</td>
<td>WGR Chicken Tender Rice Broccoli</td>
<td>LUNCH BAG EXPRESS: Turkey &amp; Cheese on WGR Roll</td>
<td>LUNCH EXPRESS: Assorted Vegetable Stick w/Dips</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>WGR Waffles Sausage Scrambled Eggs</td>
<td>LUNCH BAG EXPRESS: Ham &amp; Cheese on WGR Roll</td>
<td>WGR Chicken Tender Buttered Noodles Corn</td>
<td>LUNCH BAG EXPRESS: Cheese on a WGR Roll</td>
<td>LUNCH BAG EXPRESS: Tuna Salad on a WGR Roll</td>
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<td><strong>Thursday</strong></td>
<td>Pretzel Factory Soft Pretzels Cheese Stick Yogurt Carrots</td>
<td>LUNCH BAG EXPRESS: Egg Salad on WGR Roll</td>
<td>WGR Nachos and Cheese Corn Yogurt</td>
<td>LUNCH BAG EXPRESS: Tuna Salad on a WGR Roll</td>
<td>School Closed</td>
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<td><strong>Friday</strong></td>
<td>No Lunch Served</td>
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### Prices

- **Milk**: $0.60
- **Water**: $0.70 (8oz)
- **Orange Juice**: $0.70
- **Ice Cream**: $0.45 to $1.25
- **Yogurt**: $0.70

**Lunch Bag Express** will include **Entrée**, Juice/Fruit, Milk. Monthly alternate: Chicken Patty on a WGR Roll.

**Offered Daily:**
- **Hot Dog on WGR Roll**
- **Small Chef Salad** includes, Fruit and Milk
- **Peanut Butter and Jelly** on white whole grain bread
- **Vegetables/Fruit** (Choice of two vegetables and two fruits)
- **Celery & Carrot Sticks** offered daily

**Entrée**, choice of (2) Vegetables, Fruit & Milk

- **$3.00**

**Extra Entrée (A la Carte)**
- **$1.75**

**Extra Snack**
- **$.65**

**Nutritious Snacks Available!!!**
- **$.65-$2.00**

**Snacks Available!!!**
- **$.70**

## Menu Subject to Change

**Food Service Director**

Tammy S. Zane

856-423-0412 Ext. 1043

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This Institute is an Equal Opportunity Employer.