

# DECEMBER 2017

## Niskayuna Schools.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### DID YOU KNOW...

**DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.**

**Cheeseburger on a WG Bun**

**4**  
1/2c Baked Fries  
May take 2 fruits & 2 Vegetables  
1/2c Baby Carrots  
1/2c Green Beans  
1/2c Apple Slices  
Fresh Oranges  
Asst Low Fat Milk

**Taco Tuesday**  
(2oz Taco Meat, 1/2 oz Moz Cheese, Salsa w/ Choice of Tostitos or Soft Wrap)

**5**  
May take 2 fruits & 2 Vegetables  
1/2c Romaine Lettuce  
1/2c Corn  
1/2c Strawberries  
1/2c Pears  
Asst Low Fat Milk

**WG Chicken Quesadilla**

**6**  
May take 2 fruits & 2 Vegetables  
1/2c Baby Carrots  
1/2c Broccoli  
1/2c Peaches  
Oranges  
Asst Low Fat Milk

**Cheese Pizza**  
May take 2 fruits & 2 Vegetables

**7**  
1/2c Fresh Celery  
1/2c Steamed Peas  
1/2c Blueberries  
1/2c Peaches

**1/2c WG Spaghetti & Meatballs**  
**Garlic Roll**  
May take 2 fruits & 2 Vegetables

**8**  
1/2c Asst Fresh Veggies  
1/2c Edemame  
1/2c Assorted Fruit  
1/2c Fresh Apple Slices  
Assorted Low Fat Milk

**WG Chicken Patty on a WG Roll**

**11**  
1/2c Baked Fries  
May take 2 fruits & 2 Vegetables  
1/2c Baby Carrots  
1/2c Green Beans  
1/2c Apple Slices  
Fresh Oranges  
Asst Low Fat Milk

**Taco Tuesday**  
(2oz Taco Meat, 1/2 oz Moz Cheese, Salsa w/ Choice of Tostitos or Soft Wrap)

**12**  
May take 2 fruits & 2 Vegetables  
1/2c Romaine Lettuce  
1/2c Broccoli  
1/2c Strawberries  
1/2c Pears  
Asst Low Fat Milk

**Meatball Sub on a WG Roll**

**13**  
May take 2 fruits & 2 Vegetables  
1/2c Baby Carrots  
1/2c Broccoli  
1/2c Peaches  
Oranges  
Asst Low Fat Milk

**Cheese Pizza**  
May take 2 fruits & 2 Vegetables

**14**  
1/2c Fresh Celery  
1/2c Steamed Peas  
1/2c Blueberries  
1/2c Peaches

**1/2c WG Baked Ziti w/Moz Cheese**  
**Garlic Roll**  
May take 2 fruits & 2 Vegetables

**15**  
1/2c Asst Fresh Vegetables  
1/2c Edemame  
1/2c Assorted Fruit  
1/2c Fresh Apple Slices  
Assorted Low Fat Milk

**5 WG Chicken Nuggets**  
**6 Baked Tater Tots**  
May take 2 fruits & 2 Vegetables

**18**  
1/2c Baby Carrots  
1/2c Green Beans  
1/2c Apple Slices  
Fresh Oranges  
Asst Low Fat Milk

**Taco Tuesday**  
(2oz Taco Meat, 1/2 oz Moz Cheese, Salsa w/ Choice of Tostitos or Soft Wrap)

**19**  
May take 2 fruits & 2 Vegetables  
1/2c Romaine Lettuce  
1/2c Broccoli  
1/2c Strawberries  
1/2c Pears  
Asst Low Fat Milk

**2 oz WG Grilled Cheese**  
**6 oz Tomato Soup**  
May take 2 fruits & 2 Vegetables

**20**  
1/2c Baby Carrots  
1/2c Broccoli  
1/2c Peaches  
Oranges  
Asst Low Fat Milk

**Cheese Pizza**  
May take 2 fruits & 2 Vegetables

**21**  
1/2c Fresh Celery  
1/2c Steamed Peas  
1/2c Blueberries  
1/2c Peaches

**2 oz Ham & 1/2 oz Cheese on a WG Croissant**  
May take 2 fruits & 2 Vegetables

**22**  
1/2c Assorted Fresh Vegetables  
1/2c Edemame  
1/2c Assorted Fruit  
1/2c Fresh Apple Slices  
Assorted Low Fat Milk

No School

**25**

No School

**26**

No School

**27**

No School

**28**

No School

**29**

**A La Carte**  
1% or Skim White or non-Fat Flavored Milk \$.50

Fresh Fruit, Fruit Cup, Vegetables, & Milk choices are available daily with any lunch.

#### Daily Deli Sandwich

Mon- Turkey  
Tues- Ham  
Wed- Tuna  
Thurs- Bologna  
Fri- Turkey

PBJ or Yogurt w/ Cheese Stick offered daily

**Meal Prices**  
Breakfast \$1.65  
Reduced \$.25  
Lunch \$3.00  
Reduced Price \$.25

**Reminder!**  
Please fill out your Free/Reduced Meal Application. A new form must be filled out each year.

USDA is an equal opportunity provider & employer  
Menu subject to change without notice.