

MAY 2017

Niskayuna Middle School

School News

MONDAY

Humbo Jumbo
Pretzel Roll
Corn Chowder
Pineapple Cup

1

Special: Hot Ham & Cheese on a Bagel w/ Chips

Chicken Nuggets
Baked Fries
W.G. Dinner Roll
Applesauce

8

Special: Hot Ham & Cheese on a Bagel w/ Chips

Fish On A Bun
(Cheese Optional)
Peas
Peach Cup

15

Special: Hot Ham & Cheese on a Bagel w/ Chips

Burger(Plain or Cheese)
Skaneateles Beans
Lettuce & Tomato
Pickles
Peaches

22

Special: Hot Ham & Cheese on a Bagel w/ Chips

No School
Memorial Day

29

TUESDAY

Beef Taco
Hard or Soft
With Toppings
Corn
Mixed Fruit

2

Special: Chicken Burrito w/ rice \$4.25

Build Your Own Nachos
Beef & Cheese over
WG Chips
Lettuce & Tomato Cups
Mixed Fruit

9

Special: Chicken Burrito w/ rice \$4.25

Beef Taco
With Toppings
Corn
Mixed Fruit

16

Special: Chicken Burrito w/ rice \$4.25

Chicken & Cheese
Quesadilla
Corn
Spanish Rice
Applesauce

23

Special: Chicken Burrito w/ rice \$4.25

Taco Salad
Corn Bread
Corn
Pear Cup

30

Special: Chicken Burrito w/ rice \$4.25

WEDNESDAY

Chicken Pot Pie
Garlic Biscuits
Mixed Vegetables
Peach Cup

3

Special: Bacon Bleu Burger w/chips \$4.25

Cheese Tortellini
Garlic Bread
Spinach
Peaches

10

Special: Smokehouse Burger w/chips \$4.25

Spaghetti With Sauce
Garlic Bread
Green Beans
Pears

17

Special: Cowboy Burger w/chips \$4.25

Chicken a la King
Whole Grain Rice
Mixed Vegetables
Pineapple Cup

24

Special: Bacon Bleu Burger w/chips \$4.25

Meatball Sub
With Cheese
Green Beans
Applesauce

31

Special: Cowboy Burger w/chips \$4.25

THURSDAY

Cheese Pizza
Or
Buffalo Chicken
Garden Salad
Grapes

4

Special: Chicken Parm on a Hard Roll w/Pasta Salad

Cheese Pizza
Or
Bacon Tomato Ranch
Pizza
Garden Salad
Fruit: Oranges

11

Special: Chicken Parm on a Hard Roll w/Pasta Salad

Cheese Pizza
Or
White Broccoli Ricotta
Carrot Sticks
Banans

18

Special: Chicken Parm on a Hard Roll w/Pasta Salad

Cheese Pizza
Or
Sausage & Mushroom
Pizza
Garden Salad
Fruit: Oranges

25

Special: Chicken Parm on a Hard Roll w/Pasta Salad

FRIDAY

Hot Cheese Bagel
Tomato Soup
Pear Cup
Pudding Cup

5

Special: Philly Steak Sub w/chips \$4.25

Kati-Kati Baked Chicken
Baked Jollof Rice
Carrot Soup
Fruited Jello

12

Special: Philly Steak Sub w/chips \$4.25

Steak
& Cheese Sub
Broccoli Soup
Berry Cobbler

19

Special: Meatball Sub w/chips \$4.25

Cheese Ravioli
Garlic Bread
Green Beans
Fruit: Pear Cup

26

Special: Philly Steak Sub w/chips \$4.25

Listen Up for Our "Wakeup Wellness Call" Each Morning on the Daily Announcements!

Served Daily:
Cheese Pizza
Specialty Pizza
PBJ

Yogurt Lunch
Salad Box
Deli Line: Ham, Turkey or Daily Special
All Meals Served with Low Fat Milk
Chocolate, Strawberry, Skim, or 1%

Breakfast Price: \$1.65
Lunch Price: \$3.25
Reduced Price Meals: \$.25

Niskayuna Child Nutrition Program has a new founded Nutrition Committee and we are looking for new members. We meet once a month for an hour and a half. We look at menu planning, education, nutrition, finances, & our snack program. We would love a variety of input. If you would like more information about joining please email; swixom@niskyschools.org.

Menu Subject to change due to availability

DID YOU KNOW...

The birthstone for May is the emerald which represents success or love.