

NOVEMBER 2017

Niskayuna High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DID YOU KNOW?</p> <p>American football is the main sport watched in the United States during this month.</p>		<p>1</p> <p>Chicken Tenders Rice Pilaf Steamed Carrots Apple Low Fat Milk</p>	<p>2</p> <p>Pizza Day Specialty Pizza or Cheese Pizza Veggie Garden Salad Apple Low Fat Milk</p>	<p>3</p> <p>Grilled Reuben On Rye BBQ Beans Steamed Carrots Fruit Choice Low Fat Milk</p>
<p>6</p> <p>Sweat & Sour Chicken Herbed Rice Stir Fry Veggies Fruit Choice Low Fat Milk</p>	<p>7</p> <p>Taco Beef Burrito with Feista Blk Bean Rice Lettuce/Tomato/Cheese Fruit Choice Low Fat Milk</p>	<p>8</p> <p>Cheese Tortellini with Tomato Sauce Italian Green Beans Garlic Roll Pear Cup Low Fat Milk</p>	<p>9</p> <p>Pizza Day Cheese Pizza or Specialty Pizza Romaine Veggie Salad Fruit Choice Low Fat Milk</p>	<p>10</p> <p>Veterans Day No School</p>
<p>13</p> <p>Meatball Sub with Cheese Steamed Broccoli Peach Cup Low Fat Milk</p>	<p>14</p> <p>BBQ Beef on a Whole Wheat Bun Corn Fruit Choice Low Fat Milk</p>	<p>15</p> <p>Toasted Cheese Deluxe Tomato Soup Fruit Choice Low Fat Milk</p>	<p>16</p> <p>Holiday Meal Turkey & Gravy Mashed Potatoes Corn & Stuffing Dinner Roll Mini Pumpkin Pie</p>	<p>17</p> <p>Pizza Day Specialty Pizza or Cheese Pizza Celery & Carrot Sticks Fruit Choice Low Fat Milk</p>
<p>20</p> <p>Baked Beef & Sausage Penne Garlic Roll Green Beans Mixed Fruit Cup Low Fat Milk</p>	<p>21</p> <p>Build Your Own Nachos Taco Beef / Tortilla Chips Lettuce/Tomato/Cheese Corn Salsa Blk Beans Fruit Choice Low Fat Milk</p>	<p>22</p> <p>Chicken Patty on a Bun Baked Potato Puffs Green Beans Fruit Choice Low Fat Milk</p>	<p>23</p> <p>Happy Thanksgiving No School</p>	<p>24</p> <p>Thanksgiving Holiday No School</p>
<p>27</p> <p>Cheeseburger On A Bun Sweet Potato Puffs Baked Beans Pineapple Cup Low Fat Milk</p>	<p>28</p> <p>Chili Con Carne With Corn Bread Romaine Veggie Salad Fruit Choice Low Fat Milk</p>	<p>29</p> <p>Open Face Turkey Sandwich Hot Turkey with Gravy On Bread Steamed Carrots Fruit Choice Low Fat Milk</p>	<p>30</p> <p>Pizza Day Cheese Pizza or Specialty Pizza Celery and Carrot Sticks Apple Low Fat Milk</p>	

Kitchen Corner

Fresh Fruit, Fruit Cup, Vegetable, & Milk Choices are available daily with any lunch.

Daily Deli Line Choices:
Roast Beef, Turkey, Ham, Bologna, Salami, Tuna and Cheese
Daily Salad Bowls:
Garden Deluxe, Chicken, Ceaser, Southwest Chicken Salad, Hummus
Mediterranean Salad

Yogurt w/Cheese Stick offered daily

Meal Prices
Breakfast \$2.15
Reduced \$.25
Lunch \$3.50
Reduced Price \$.25

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

Menu subject to change without notice.

