

NOVEMBER 2017 ^N Niskayuna Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

American football is the main sport watched in the United States during this month.

1
Chicken Nuggets
Baked Fries
Baked Beans
Fruit Choice
Low Fat Milk

2
Cheese Pizza
Romaine Salad with Cucumbers & Tomato
Carrot Sticks
Fruit Choice
Low Fat Milk

3
Spaghetti With Sauce And Meatballs
Garlic Roll
Steamed Broccoli
Fruit Choice
Low Fat Milk

6
Hot Dog On A Bun
Sweet Potato Puff
Baked Beans
Fruit Choice
Low Fat Milk

7
Breakfast For Lunch
French Toast Sticks
Sausage/Hash Brown
Blueberry Cup
100% Juice Cup
Low Fat Milk

8
Chicken Tenders
Herb Enhanced Rice
Garlic Spinach
Celery & Carrot Sticks
Fruit Choice
Low Fat Milk

9
Cheese Pizza Or Broccoli Pizza
Romaine Salad with Cucumbers & Tomato
Fresh Red & Green Pepper Cup
Fruit Choice
Low Fat Milk

10
Veterans Day
No School

13
Hamburger On A Bun
Baked Fries
Baked Beans
Fruit Choice
Low Fat Milk

14
Grilled Cheese
Tomato Soup
Cucumber Slices
Fruit Choice
Low Fat Milk

15
Cheese Tortellini
Garlic Dinner Roll
Green Beans
Fruit Choice
Low Fat Milk

16
Holiday Meal
Turkey & Gravy
Mashed Potatoes
Corn & Stuffing
Dinner Roll
Mini Pumpkin Pies

17
Cheese Pizza Or Pepperoni Pizza
Romaine Salad with Cucumbers & Tomato
Carrot Sticks
Fruit Choice
Low Fat Milk

20
Kati Kati Chicken
Jollof Rice
Corn
Cucumber Cups
Assorted Fruit
Low Fat Milk

21
Nachos Beef & Cheese
Southwest Black Bean Salad
Yellow Corn
Fruit Choice
Low Fat Milk

22
Italian Dunkers
Green Beans
Romaine Salad with Cucumbers & Tomato
Fruit Choice
Jello Cup
Low Fat Milk

23
Happy Thanksgiving
No School

24
Thanksgiving Holiday
No School

27
Beef Sliders
Sweet Potato Puff
Baked Beans
Fruit Choice
Low Fat Milk

28
Taco Meat Over Chips
Corn & Black Bean Salad
Salad
Yellow Corn
Fruit Choice
Low Fat Milk

29
Baked Beef & Sausage
Penne
Garlic Roll
Winter Squash
Green Pepper Strips
Fruit Choice
Low Fat Milk

30
Cheese Pizza
Romaine Salad with Cucumbers & Tomato
Carrot Sticks
Fruit Choice
Low Fat Milk

Kitchen Corner

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 \$3.25
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.

