

# MENU

Niskayuna High School Lunch Menu



NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	 November 13 World Kindness Day	1 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
4 Bistro Cheeseburger (plain, cheese or bacon) Seasoned Curly Fries Tortellini Pasta Salad Rainbow Pepper Sticks	 5	6 <b>Breakfast for Lunch</b> Sausage Patties (2) Mini French Toast Hash Brown 100% Juice Cup & Syrup	7 Macaroni & Cheese Bar w/ Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	8 Pepperoni or Cheese Pizza Steamed Mixed Veggie Caesar Side Salad
 11	12 Beef & Bean Chili OR Vegan Southwest Chili Cheese & Sour Cream Cheddar Jalapeno Cornbread Veggie Cup w/Hummus	13 Crispy Chicken Tenders with assorted dipping sauces Pesto Parmesan Rotini Fresh Veggie w/Dip <b>Yogurt Cup</b> Harvest of the Month 	14 <b>Thanksgiving @ School</b> Turkey & Gravy Buttery Mashed Potatoes Stuffing, Roll, Green Beans Craisins & Apple Crisp	15 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
18 Crispy Chicken Sandwich Seasoned Waffle Fries Rainbow Pepper Sticks Cocoa Cherry Bar	19 Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	20 Sampler Platter (chick wings & mozz sticks) Breaded Onion Rings Fresh Veggies w/Hummus	21 Tortellini Alfredo with Chicken Garlic Knot Roasted Broccoli Grape Tomatoes	22 Pepperoni or Cheese Pizza Steamed Mixed Veggie Caesar Side Salad
25 Toasted Meatball Sub w/Mozzarella French Fries Peas & Carrots Choc Chip Cookie	26 Pepperoni or Cheese Pizza Steamed Mixed Veggie Caesar Side Salad	27 THANKSGIVING BREAK NO SCHOOL	 28	29 THANKSGIVING BREAK NO SCHOOL

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.



CAPITAL REGION BOCES



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