



MENU

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JANUARY
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Niskayuna Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 1	Chicken Nuggets 2 Mashed Potatoes Glazed Carrots Cocoa Brownie Bar	Cheese Pizza 3 Fresh Veggies with Dip Applesauce Cup
French Toast Sticks 6 Sausage Home Fries 100% Juice Cup & Syrup	Cheeseburger 7 French Fries Rainbow Pepper Sticks Winter Berry Fruit Salad	Chicken Tenders 8 Warm Garlic Knot Emoji French Fries Seasoned Green Beans Fresh Veggies & Hummus	Macaroni & Cheese 9 Yogurt Cup & Granola Steamed Broccoli Cucumbers & Tomatoes Hummus Dip	Cheese Pizza 10 Fresh Veggies with Dip Applesauce Cup
Waffles 13 Cheese Stick Emoji French Fries 100% Juice Cup & Syrup	Ultimate Nachos 14 (taco meat, cheese, black beans) Salsa & Sour Cream Yellow Corn Rainbow Pepper Sticks	Chicken Patties 15 Breaded Broccoli Fresh Veggie w/Hummus Emoji Grahams	Toasted Ham & Cheese Croissant 16 Tomato Soup Goldfish Crackers String Cheese & Cucumber	Cheese Pizza 17 Fresh Veggies with Dip Applesauce Cup
 20	Soft Tacos 21 (beef or turkey, cheese, lettuce) Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	Chicken Nuggets 22 Garlic Breadstick Roasted Broccoli Chocolate Chip Cookie	Tortellini Alfredo with Chicken 23 Garlic Texas Toast Glazed Carrots Fresh Grape Tomatoes	Cheese Pizza 24 Fresh Veggies with Dip Applesauce Cup
Pancakes 27 Yogurt Hash Browns 100% Juice Cup & Syrup	Turkey in Gravy 28 Mashed Potatoes Dinner Roll Warm Cinnamon Pears	 29	Rotini with Meat Sauce 30 Garlic Breadstick Seasoned Green Beans Baby Carrots	Cheese Pizza 31 Fresh Veggies with Dip Applesauce Cup

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.

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