



MENU

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JANUARY
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Niskayuna High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
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			Crispy Chicken Sandwich Baked Potato Chips Fresh Grape Tomatoes	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad
Rotini with Meat Sauce 6 Garlic Breadstick Seasoned Green Beans Warm Cinnamon Pears	Bistro Cheeseburger 7 (plain, cheese or bacon) Kettle Cooked Potato Chips Tortellini Pasta Salad Roasted Broccoli	Sampler Platter 8 (chick wings & mozz sticks) French Fries Fresh Veggies w/Hummus	Ultimate Nachos 9 Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	Pizza Slice (Cheese or Pepperoni) 10 Steamed Mixed Veggie Garden Side Salad
Crispy Chicken Tenders 13 with assorted dipping sauces Pesto Parmesan Rotini Rainbow Pepper Sticks	BBQ Pork Bowl 14 Pineapple Corn Rice Veggie Pinto Beans Cucumber Slices Fruit Salad New Recipe!	Fillet a Fish With Cheese 15 Seasoned Potato Wedges Fresh Veggies w/Hummus Fresh Orange Wedges	Macaroni & Cheese Bar w/ Buffalo Chicken 16 Texas Toast & Broccoli Fresh Grape Tomatoes	Pizza Slice (Cheese or Pepperoni) 17 Steamed Mixed Veggie Caesar Side Salad
 20	Baked Potato Bar 21 (pulled chicken, queso & bacon) Garlic Knot Fresh Veggie w/Hummus Salsa & Sour Cream	Breakfast for Lunch 22 Maple Waffles Bacon Egg Bites Hash Brown Juice & Syrup	Taco Salad w/Chips 23 (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	Pizza Slice (Cheese or Pepperoni) 24 Steamed Mixed Veggie Garden Side Salad
Crispy Chicken Sandwich 27 Seasoned Waffle Fries Tomato, Cucumber Salad Cocoa Brownie Bar	Turkey & Gravy 28 Mashed Potatoes Peas & Carrots WG Biscuit	 29	Twin Hot Dogs with Chili 30 Baked Chips BBQ Baked Beans	Pizza Slice (Cheese or Pepperoni) 31 Steamed Mixed Veggie Caesar Side Salad

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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