



MENU

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JANUARY
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Niskayuna Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 1	Chicken Nuggets 2 Mashed Potatoes Steamed Corn Cocoa Brownie Bar	Cheese Pizza 3 Garden Salad Blue Raspberry Applesauce Cup
French Bread Pizza 6 Fresh Veggie w/Hummus	Chicken & Waffles 7 French Fries 100% Grape Juice Syrup Cup	Walking Taco's 8 (taco meat,cheese,black beans) Salsa & Sour Cream Yellow Corn Rainbow Pepper Sticks	Macaroni & Cheese 9 Yogurt Cup & Granola Steamed Broccoli Cucumbers & Tomatoes Hummus Dip	Cheese Pizza 10 Garden Salad Vanilla Emoji Grahams
Toasted Ham & Cheese Croissant 13 Tomato Soup Goldfish Cracker String Cheese & Cucumber	Rotini & Meat Sauce 14 Garlic Bread Roasted Broccoli Warm Cinnamon Pears	Cheesy Breadsticks with Marinara Sauce 15 Breaded Broccoli Bites Fresh Veggie w/Hummus Mini Rice Crispy Treat	Buffalo Chicken Pizza Bites 16 Garlic Texas Toast Celery & Carrots w/Ranch Apple Sauce Student Choice Selection	Cheese Pizza 17 Garden Salad Strawberry Applesauce Cup
 20	French Toast Sticks Cheese Omelet 21 Home Fries Orange Juice Syrup Cup	Chicken Nuggets 22 Warm Garlic Knot Seasoned Green Beans Fresh Veggie w/Hummus	Tortellini Alfredo 23 Garlic Bread Stick Glazed Carrots Fresh Grape Tomatoes	Cheese Pizza 24 Garden Salad Cinnamon Scooby Doo Grahams
Cheeseburger 27 French Fries Rainbow Pepper Sticks Winter Berry Fruit Salad	Wild Mike's Cheesy Bites w/Marinara Sauce 28 Breaded Broccoli Bites Fresh Veggie w/Hummus Choc Chip Cookie	 29	Soft Tacos 30 (beef or turkey, cheese, lettuce) Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	Cheese Pizza 31 Garden Salad Mango Peach 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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