



MENU

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FEBRUARY
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Niskayuna High School Lunch Menu



February is **National Sweet Potato Month** & **NY Harvest of the Month**. Learn more about [them HERE](#)

Rotini with Meat Sauce 3 Warm Garlic Knot Seasoned Green Beans Warm Cinnamon Pears	Beef & Bean Chili 4 w/tortilla chips Carrot & Celery Sticks Corn on the Cob Choc Chip Cookie	Brunch for Lunch 5 Chicken & Waffles Home Fries 100% Juice Cup & Syrup	Ultimate Nachos 6 Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	Pizza Slice 7 Steamed Mixed Veggie Garden Side Salad
Crispy Chicken Tenders 10 with assorted dipping sauces Pesto Parmesan Rotini Rainbow Pepper Sticks	Bistro Cheeseburger 11 (plain, cheese or bacon) Kettle Cooked Potato Chips Tortellini Pasta Salad Fresh Veggie w/Hummus	Turkey Jack Panini 12 Cinnamon Chili Sweet Potatoes Broccoli Slaw Yellow Corn	Macaroni & Cheese Bar 13 w/Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	Pizza Slice 14 Steamed Veggie Caesar Side Salad Valentines Day Treat
Winter Recess 17	Winter Recess 18	Winter Recess 19	Winter Recess 20	Winter Recess 21
Crispy Chicken Sandwich 24 Seasoned Waffle Fries Tomato, Cucumber Salad Cocoa Brownie Bar	BYO Burrito Bowl w/Cilantro Lime Rice 25 (beans, protein, sides) Salsa & Sour Cream Guacamole, Olives, Jalapenos	Philly Cheesesteak Sub 26 Peppers & Onions Baked Potato Chips Fresh Veggie Cup w/Hummus	Gen Tso Chicken 27 Veggie Lo Mein Noodles Chicken Dumplings Baby Carrots	Pizza Slice 28 Steamed Mixed Veggie Garden 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.

