




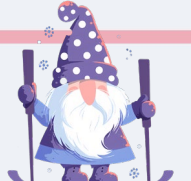



MENU

////////////////////
FEBRUARY
////////////////////

Niskayuna Middle School Lunch Menu



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

Pizza Crunchers Seasoned Green Beans Yogurt Cup Fresh Veggie w/Hummus Choc Chip Cookie	3	Ultimate Nachos (taco meat, cheese, black beans) Salsa & Sour Cream Yellow Corn & Peppers	4	Chicken & Waffles French Fries 100% Grape Juice Syrup Cup	5	Macaroni & Cheese Steamed Broccoli Cucumbers & Tomatoes Warm Cinnamon Apples	6	Cheese Pizza Garden Salad	7
Rotini with Meat Sauce Garlic Breadstick Steamed Carrots	10	Chicken Nuggets Dinner Roll French Fries Fresh Veggies & Dip	11	Cheeseburgers Baked Lay's Baked beans Applesauce	12	French Toast Sticks Sausage Links Sweet Potato Orange Juice Syrup Cup	13	Happy Valentines Day Pizza Fresh Veggies w/dip Valentines Day Treat	14
 WINTER RECESS	17	 WINTER RECESS	18	 WINTER RECESS	19	 WINTER RECESS	20	 WINTER RECESS	21
Popcorn Chicken & Wild Mike Bites Marinara Sauce French Fries Sliced Cucumbers	24	Chicken Quesadilla Texas Caviar Pico De Gallo Salsa & Sour Cream Cocoa Brownie Bar	25	Tortellini Alfredo with Chicken Warm Garlic Knot Steamed Carrots Fresh Grape Tomatoes	26	Tacos (turkey, cheese, lettuce) Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	27	Pizza Fresh Veggies w/dip Applesauce	28

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.

