



# MENU

This month's NY food item is from Adirondack Maple in Fonda, NY

MARCH

## Niskayuna High School Lunch Menu

<b>Rotini with Meat Sauce</b> <b>3</b> Warm Garlic Knot Steamed Broccoli Warm Cinnamon Pears	<b>Mardi Gras Menu</b> <b>4</b> <b>Chicken &amp; Sausage Jambalaya</b> Corn on the Cob Brownie Bars	<b>Crispy Chicken Sandwich</b> <b>5</b> Baked Potato Chips Creamy Coleslaw Fresh Grape Tomatoes	<b>Ultimate Nachos</b> <b>6</b> Salsa & Sour Cream Guacamole, Olives, Jalapenos Cowboy Caviar Mango Peach Applesauce	<b>Pizza Slice (Cheese or Pepperoni)</b> <b>7</b> Steamed Mixed Veggie Garden Side Salad
<b>Crispy Chicken Tenders</b> <b>1</b> with assorted dipping sauces French Fries Rainbow Pepper Sticks Chocolate Chip Cookie	<b>Popcorn Chicken Bowl</b> <b>1</b> with mashed potato, cheese & gravy <b>Dinner Roll &amp; Yellow Corn</b>	<b>Brunch for Lunch</b> <b>1</b> Maple Waffles Hashbrown & Sausages 100% Juice Cup & Syrup	<b>Macaroni &amp; Cheese Bar</b> <b>1</b> w/ Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	<b>Pizza Slice Pi Day (Cheese or Pepperoni)</b> <b>1</b> Steamed Mixed Veggie Caesar Side Salad
<b>Hot Corned Beef or Turkey Reuben Sandwich</b> <b>1</b> Pesto Parmesan Rotini Seasoned Green Beans Lucky Charms Bar	<b>Fresh Veggie Bistro Cheeseburger w/Hummus</b> <b>1</b> (plain, cheese or bacon) Kettle Cooked Potato Chips Tortellini Pasta Salad Fresh Veggie w/Hummus	<b>Crispy Chicken Drumstick w/Maple BBQ</b> <b>1</b> Cornbread Muffin <b>Maple Sriracha Baked Beans &amp; Coleslaw</b>	<b>Twin Hot Dogs with Beef &amp; Bean Chili</b> <b>2</b> Potato Wedges Seasoned Green Beans Baby Carrots	<b>Pizza Slice (Cheese or Pepperoni)</b> <b>2</b> Steamed Mixed Veggie Garden Side Salad
<b>Tortellini Alfredo with Chicken</b> <b>2</b> Garlic Knot Roasted Broccoli Grape Tomatoes	<b>BBQ Pork Bowl</b> <b>2</b> Pineapple Corn Rice Veggie Pinto Beans Cucumber Slices Winter Berry Fruit Salad	<b>Turkey Jack Panini</b> <b>2</b> Sweet Potato Wedges Peas & Carrots Fresh Veggie Cup w/Hummus	<b>Taco Salad w/Chips</b> <b>2</b> (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	<b>Pizza Slice (Cheese or Pepperoni)</b> <b>2</b> Steamed Mixed Veggie Caesar Side Salad
 <b>Superintendent CONFERENCE DAY</b> NO SCHOOL				

Harvest of the Month

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.

