



SEPTEMBER 2018

Niskayuna Elementary School



Department of
Food & Nutrition

Monday

Labor Day
No School

3

Tuesday

Tacos
Rice
Corn and Black Beans
Salsa, Lettuce & Tomatoes
Variety of Fruit
Milk

4

Wednesday

Chicken Nuggets
Sweet Potato Tater Tots
Peas
Variety of Fruit
Milk

5

Thursday

Grilled Cheese
On w/w
Tomato Soup
Coleslaw
Variety of Fruit
Milk

6

Friday

Pizza
Tossed Salad
Assorted Fresh Vegetables
Variety of Fruit
Milk

7

Rosh Hashanah
Holiday
No School

10

Chicken Quesadilla
Rice & Black Beans
Salsa, Lettuce & Tomatoes
Variety of Fruit
Milk

11

Macaroni & Cheese
Broccoli
Variety of Fruit
Milk

12

Hamburger,
Cheeseburger, or
Veggie Burger
Tater Tots
Baked Beans
Variety of Fruit, Milk

13

Pizza
Tossed Salad
Assorted Fresh Vegetables
Variety of Fruit
Milk

14

Chicken Nuggets
Sweet Potato Fries
Roasted Cauliflower
Variety of Fruit
Milk

17

Tacos
Rice
Corn and Black Beans
Salsa, Lettuce & Tomatoes
Variety of Fruit
Milk

18

Yom Kippur
No School

19

Sweet & Sour Chicken
Rice
Broccoli
Variety of Fruit
Milk

20

Pizza
Tossed Salad
Assorted Fresh Vegetables
Variety of Fruit
Milk

21

Chicken Pattie
Smiley Fries
Carrots
Variety of Fruit
Milk

24

Nachos w/
Spicy Beef, Chicken,
or Beans
Salsa, Lettuce & Tomatoes
Variety of Fruit
Milk

25

Pasta w/Meat Sauce
Green Beans
Variety of Fruit
Milk

26

Grilled Cheese
On w/w
Tomato Soup
Coleslaw
Variety of Fruit
Milk

27

Pizza
Tossed Salad
Assorted Fresh Vegetables
Variety of Fruit
Milk

28

Meal Prices

Student Lunch Price: \$3.00
Adult Lunch Price \$4.25
Milk: \$.50
Reduced Lunch \$.25
Breakfast \$1.65

Also Offered Daily!

Tossed Salad, Carrot Sticks, Yogurt, Bagel w/ Cream Cheese,
Sandwich of the Day, String Cheese, Hummus w/ Vegetables &
Chips

Beverages: Milk – 1% low fat milk, skim milk, 1% chocolate milk,
almond milk, soy milk; bottled water; sparkling juice

School Breakfast Daily Choices

One entrée: Breakfast Sandwich, Bagel w/ Cream
Cheese, Yogurt w/ Graham Crackers Cereal &
Graham Crackers, or Muffin W/Graham Crackers

Two fruits: 100% Orange Juice, Apple Juice,
Assorted Canned Fruit, Fresh Fruit

Milk: 1% Milk, Fat Free Chocolate Milk Fat Free Milk



A fruit or vegetable must be taken by a student for a meal to be reimbursable, otherwise ala carte pricing will be charged.

A complete breakfast is \$1.65. Breakfast must include a fruit or a juice, student may take both.

Visit our website at www.niskayschools.org

Menu is subject to change without notice.



PAY FOR MEALS ONLINE

MySchoolBucks.com