JANUARY 2019

Niskayuna High School

Meal Prices Student Lunch Price \$3.50 Adult Lunch Price \$4.25

PAY FOR MEALS ONLINE

MySchoolBucks.com

Monday **Tuesday** Wednesday **Thursday Friday** 2 3 Chicken Nuggets French Toast Sticks Chicken Parmesan New Year's Day Smiley Fries Chicken Sausage Pasta Hash Brown Patty **Tossed Salad** No School Peas Variety of Fruit Variety of Fruit Variety of Fruit Milk Milk Milk 8 10 Hamburger, Cheeseburger Chicken Tenders Bacon Mac and Cheese Bow Tacos Baked Ziti Or Veggie Burger (Hard or Soft) Garlic Breadsticks (Buffalo or Plain) Assorted Fresh Vegetables Lettuce, Tomato Broccoli Smiley Fries Variety of Fruit Rice Milk French Fries Corn or Black Beans Variety of Fruit Carrots Green Beans Lettuce, Tomatoes, Salsa Milk Variety of Fruit Variety of Fruit Variety of Fruit Milk Milk 16 14 15 17 Meatball Sub Sweet and Sour Chicken Nachos Waffles BBQ Chicken and Rice Bowl Brown Rice (Choice of Beef, Chicken, or Beans) Carrots Chicken Tenders Assorted Fresh Vegetables Edamame Variety of Fruit Hash Brown Patty Variety of Fruit Variety of Fruit Milk Warm Cinnamon Apples Milk Corn Milk Lettuce. Tomatoes. Salsa Milk Variety of Fruit Milk 22 23 24 Dr. Martin Luther King Day Regents Testing Regents Testing Regents Testing Regents Testing No Classes No Classes No Classes No Classes No school Old Café open 7:30-1:30 Old Café open 7:30-1:30 Old Café open 7:30-1:30 Old Café open 7:30-1:30 28 30 Nachos BBQ Chicken Sandwich Grilled Cheese on Whole Who Popcorn Chicken Bowl (Choice of Beef, Chicken, or Beans) Or Veggie Burger Tomato Soup Mashed Potato & Gravv Baked Beans Rice Roasted Cauliflower Corn Variety of Fruit Variety of Fruit Variety of Fruit Lettuce, Tomatoes, Salsa Milk Milk Milk Variety of Fruit School Breakfast Daily Choices

Sandwich of the Day: Monday-Turkey Tuesday- Ham Wednesday- Tuna Thursday- Turkey Friday- Turkey Bologna

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, skim, 1% chocolate

School Breakfast Daily Choices
One Entrée: Breakfast Sandwich, Bagel w/Cream Cheese
Yogurt w/Graham Crackers, Cereal & Graham Crackers
Two Fruits: 100% Orange & Apple Juice
Assorted Canned Fruit, Fresh Fruit