

OCTOBER 2020

Niskayuna Elementary Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5
Turkey & Cheese Sub
NYS Potato Chips
Pepper Strips w/Dip
NYS Grape Slushie
NYS Milk

6
French Toast Sticks
Yogurt
NYS Carrot Sticks
& Sun Butter
NYS Apple Slices
NYS Milk

7
Chicken Nuggets
Garlic Bread Stick
Edamame
NYS Grape Juice
NYS Milk

1
Nachos
Tortilla Chips, Nacho Cheese
Salsa & Sour Cream
Corn & Black Beans
Fruit of the Day
NYS Milk

2
Pizza
NYS Salad
Fruit of the Day
NYS Milk

12
Columbus Day
No Classes

13
Pancakes
Yogurt
NYS Carrot Sticks
& Sun Butter
NYS Apple Slices
NYS Milk

14
Crispy Chicken Sandwich
Cucumbers & Dip
NYS Strawberry Applesauce
NYS Milk

8
Grilled Cheese
Cucumbers & Dip
Fruit of the Day
NYS Milk

9
Pizza
NYS Salad
Fruit of the Day
NYS Milk

15
Cheese Quesadilla
Salsa & Sour Cream
Zesty Black Beans
Fruit of the Day
NYS Milk

16
Pizza
NYS Salad
Fruit of the Day
NYS Milk

19
Ham & Cheese Wrap
NYS Potato Chips
Celery Sticks & Hummus
NYS Grape Slushie
NYS Milk

20
Waffles
Yogurt
NYS Carrot Sticks
& Sun Butter
NYS Apple Slices
NYS Milk

21
Hamburger or
Cheeseburger
Broccoli
Fruit of the Day
NYS Milk

22
NYS Hot Dog
Corn
NYS Grape Juice
NYS Milk

23
Half Day
Breakfast Only

26
Turkey & Cheese on Pretzel
Roll
NYS Potato Chips
Pepper Strips w/Dip
NYS Grape Slushie
NYS Milk

27
Half Day
Breakfast Only

28
Pasta with Meatballs
Marinara Sauce
Garlic Bread Stick
Corn
NYS Grape Juice
NYS Milk

29
Nachos
Tortilla Chips, Nacho Cheese
Salsa & Sour Cream
Black Beans
Fruit of the Day
NYS Milk

30
Pizza
NYS Salad
Fruit of the Day
NYS Milk

Also Offered Daily!

Hummus w/ Pita Chips/Vegetables,
Yogurt (served with bagel & cheese stick), Sandwich of the Day
Beverages: Milk-chocolate milk, 1% milk

School Breakfast Daily Choices

Bagel with Cream Cheese, WG Muffin, or
Cereal & Graham Crackers
Fruits: 100% Orange & Apple Juice, Fruit of the Day

Sandwich of the Day:

Monday: Sunbutter and Jelly
Tuesday: Turkey & Cheese
Wednesday: Ham & Cheese
Thursday: Tuna
Friday: Turkey & Cheese Wrap

