

OCTOBER 2020

Niskayuna High School

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Chicken Caesar Wrap Turkey & Cheese Sub Crispy Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>2 Turkey Bacon Wrap Ham & Cheese on Pretzel Roll Chef Salad Variety of Fruit/Vegetable NYS Milk</p>
<p>5 Ham & Cheese on Pretzel Roll Buffalo Chicken Wrap Chef Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>6 Turkey & Cheese Sub Crispy Chicken wrap Greek Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>7 Turkey Club Ham & Cheese on Kaiser Buffalo Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>8 Chicken Caesar Wrap Turkey & Cheese Sub Crispy Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>9 Turkey Bacon Wrap Ham & Cheese on Pretzel Roll Chef Salad Variety of Fruit/Vegetable NYS Milk</p>
<p>12 Columbus Day No School</p>	<p>13 Turkey & Cheese Sub Crispy Chicken wrap Greek Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>14 Turkey Club Ham & Cheese on Kaiser Buffalo Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>15 Chicken Caesar Wrap Turkey & Cheese Sub Crispy Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>16 Turkey Bacon Wrap Ham & Cheese on Pretzel Roll Chef Salad Variety of Fruit/Vegetable NYS Milk</p>
<p>19 Ham & Cheese on Pretzel Roll Buffalo Chicken Wrap Chef Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>20 Turkey & Cheese Sub Crispy Chicken wrap Greek Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>21 Turkey Club Ham & Cheese on Kaiser Buffalo Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>22 Chicken Caesar Wrap Turkey & Cheese Sub Crispy Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>23 Turkey Bacon Wrap Ham & Cheese on Pretzel Roll Chef Salad Variety of Fruit/Vegetable NYS Milk</p>
<p>26 Ham & Cheese on Pretzel Roll Buffalo Chicken Wrap Chef Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>27 Turkey & Cheese Sub Crispy Chicken wrap Greek Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>28 Turkey Club Ham & Cheese on Kaiser Buffalo Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>29 Chicken Caesar Wrap Turkey & Cheese Sub Crispy Chicken Salad Variety of Fruit/Vegetable NYS Milk</p>	<p>30 Turkey Bacon Wrap Ham & Cheese on Pretzel Roll Chef Salad Variety of Fruit/Vegetable NYS Milk</p>

Also Offered Daily For Lunch:

Pizza, Loaded Veggie Salad, Hummus with Pita Chips & Veggies

All salads served with a whole grain dinner roll

Offered Daily for Breakfast:

Bagel w/ Cream Cheese, Cereal & Graham Crackers

Choice of milk: Chocolate 1%, White 1%