

OCTOBER 2020

Niskayuna Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets **5**
Garlic Breadstick
Corn
Variety of Fruit
NYS Milk

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

Buffalo Chicken Wrap **7**
NYS Potato Chips
Celery Sticks & Dip
Fruit of the Day
NYS Milk

Popcorn Chicken **1**
Tater Tots
Broccoli
Fruit of the Day
NYS Milk

Pizza **2**
NYS Salad
NYS Grape Slushie
NYS Milk

Columbus Day **12**
No School

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

Turkey & Cheese on Kaiser **14**
NYS Potato Chips
Cucumbers & Dip
Fruit of the Day
NYS Milk

Hamburger & Cheeseburger **8**
Cucumbers & Hummus
Fruit of the Day
NYS Milk

Pizza **9**
NYS Salad
NYS Grape Slushie
NYS Milk

Chicken Nuggets **19**
Garlic Breadstick
Caesar Salad
Variety of Fruit
NYS Milk

French Toast Sticks **20**
Yogurt
NYS Carrot Sticks & Sun
Butter
NYS Apple Slices
NYS Milk

Turkey Bacon Wrap **21**
NYS Potato Chips
Pepper Strips & Hummus
Fruit of the Day
NYS Milk

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

Pizza **16**
NYS Salad
NYS Grape Slushie
NYS Milk

Chicken Nuggets **26**
Garlic Breadstick
Corn
Variety of Fruit
NYS Milk

Half Day **27**
Breakfast Only

Meatball Sub **28**
NYS Potato Chips
Cucumbers & Dip
Fruit of the Day
NYS Milk

NYS Hot Dog **22**
Corn
NYS Grape Juice
NYS Milk

Pizza **23**
NYS Salad
NYS Grape Slushie
NYS Milk

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

Pizza **30**
NYS Salad
NYS Grape Slushie
NYS Milk

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

School Breakfast Daily Choices
One entrée: Bagel with Cream Cheese, WG Muffin, or
Cereal & Graham Crackers
Fruits: 100% Orange & Apple Juice, Fruit of the Day

Sandwich of the Day:
Monday: Ham & Cheese
Tuesday: Turkey & Cheese
Wednesday: Sun Butter & Jelly
Thursday: Tuna
Friday: Turkey & Cheese