



NYS Dairy

JANUARY 2021 Niskayuna ES Menu

*Gluten Free Option Available

Disclaimer: The information and claims provided in this menu reflects the current information on file with Niskayuna Food Service provided by its food supplier. While our gluten free menu options do not contain gluten as an ingredient, they may be processed on a line or in a facility which also processes products containing gluten. For a list of the GF products used, visit the Niskayuna Food Service Page.

Monday

Tuesday

Wednesday

Thursday

Friday



School Closed
New Year's Day

Chicken Tenders*
Garlic Bread Stick
NYS French Fries
NYS Grape Juice
NYS Milk

4

Sausage, Egg, & Cheese Sandwich*
Home Fries
NYS Apple
NYS Milk

5

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

6

Pasta with Meatballs*
Broccoli
Whole Grain Dinner Roll
Fruit Crisp
NYS Milk

7

NYS Cheese Pizza*
NYS Green Beans
NYS Grape Slushie
NYS Milk

8

Chicken Nuggets*
Garlic Bread Stick
Fresh Veggie & Dip
NYS Grape Juice
NYS Milk

11

Maple Waffles
NYS Cheese Stick
Hash Brown
NYS Apple
NYS Milk

12

Nachos*
Taco Meat, Nacho Cheese
Salsa & Sour Cream
Corn & Black Beans
Fruit of the Day
NYS Milk

13

NYS Hot Dogs*
Sweet Potato Fries
NYS Apple Pears
NYS Milk

14

NYS Cheese Pizza*
Fresh Veggie & Dip
NYS Grape Slushie
NYS Milk

15

National Milk Day

French Toast Sticks
NYS Maple Syrup
NYS Cheese Stick
Hash Brown
NYS Apple
NYS Milk

19

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

20

Macaroni & Cheese
Carrots & Dip
Fruit of the Day
NYS Milk

21

NYS Cheese Pizza
Fresh Veggie & Dip
NYS Grape Slushie
NYS Milk

22

Popcorn Chicken Bowl
Mashed Potato & Gravy
Corn
NYS Grape Juice
NYS Milk

25

Pancakes
NYS Yogurt Parfait
With **NYS Blueberries & Granola**
Hash Brown
NYS Apple
NYS Milk

26

Tacos*
Soft Tortillas, Taco Meat
Salsa, Sour Cream, Shredded Cheese
Corn & Black Beans
Fruit of the Day
NYS Milk

27

Crispy Chicken Sandwich*
NYS Potato Chips
Fruit of the Day
NYS Milk

28

NYS Cheese Pizza*
Fresh Veggie & Dip
NYS Grape Slushie
NYS Milk

29

Also Offered Daily for Lunch:

- *Hummus w/ Pita Chips & Veggies
- *Yogurt (served with bagel & cheese stick)
- *Sandwich of the Day
- Beverages: 1% Milk & 1% Chocolate Milk

School Breakfast Daily Choices:

- Bagel with Cream Cheese
- WG Muffin
- *Assorted Cereal with Graham Crackers
- (*GF Chex Cereal available)
- Fruit: 100% Juice, Fruit of the Day

Sandwich of the Day*:

- Monday: Turkey & Cheese on Pretzel Roll
- Tuesday: Ham & Cheese Sub
- Wednesday: Sun Butter & Jelly on Whole Wheat
- Thursday: Turkey & Cheese Sandwich
- Friday: Ham & Cheese Sub

