

# JANUARY 2021

## Niskayuna High School

\*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

4  
Ham & Cheese on Pretzel Roll  
Buffalo Chicken Wrap  
Chef Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

5  
Turkey & Cheese Sub  
Crispy Chicken Wrap  
Greek Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

6  
Turkey Club  
Ham & Cheese on Kaiser  
Buffalo Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

7  
Chicken Caesar Wrap  
Turkey & Cheese Sub  
Crispy Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

8  
Turkey Bacon Wrap  
Ham & Cheese on Pretzel Roll  
Chef Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

11  
Ham & Cheese on Pretzel Roll  
Buffalo Chicken Wrap  
Chef Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

12  
Turkey & Cheese Sub  
Crispy Chicken Wrap  
Greek Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

13  
Turkey Club  
Ham & Cheese on Kaiser  
Buffalo Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

14  
Chicken Caesar Wrap  
Turkey & Cheese Sub  
Crispy Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

15  
Turkey Bacon Wrap  
Ham & Cheese on Pretzel Roll  
Chef Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

18  
School Closed  
Martin Luther King Jr. Day

19  
Turkey & Cheese Sub  
Crispy Chicken Wrap  
Greek Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

20  
Turkey Club  
Ham & Cheese on Kaiser  
Buffalo Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

21  
Chicken Caesar Wrap  
Turkey & Cheese Sub  
Crispy Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

22  
Turkey Bacon Wrap  
Ham & Cheese on Pretzel Roll  
Chef Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

25  
Ham & Cheese on Pretzel Roll  
Buffalo Chicken Wrap  
Chef Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

26  
Turkey & Cheese Sub  
Crispy Chicken Wrap  
Greek Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

27  
Turkey Club  
Ham & Cheese on Kaiser  
Buffalo Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

28  
Chicken Caesar Wrap  
Turkey & Cheese Sub  
Crispy Chicken Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

29  
Turkey Bacon Wrap  
Ham & Cheese on Pretzel Roll  
Chef Salad  
Variety of Fruit/Vegetable  
**NYS Milk**

**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%