



NYS Dairy

JANUARY 2021 Niskayuna Middle 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



1
School Closed
New Year's Day

4
Crispy Chicken Sandwich*
NYS French Fries
NYS Grape Juice
NYS Milk

5
Sausage, Egg, & Cheese on a Croissant*
Home Fries
NYS Apple
NYS Milk

6
Tacos*
Soft Tortillas, Taco Meat
Salsa, Sour Cream, Shredded Cheese
Corn & Black Beans
Fruit of the Day
NYS Milk

7
Popcorn Chicken Bowl
Mashed Potatoes & Gravy
Corn
Fruit Crisp
NYS Milk

8
NYS Cheese Pizza*
NYS Green Beans
NYS Grape Slushie
NYS Milk

11
Chicken Tenders*
Biscuit
Fresh Veggie & Dip
NYS Grape Juice
NYS Milk

National Milk Day

12
Maple Waffles
NYS Cheese Stick
Hash Brown
NYS Apple
NYS Milk

13
NYS Hot Dog*
Sweet Potato Fries
NYS Pears
NYS Milk

14
Chicken & NYS Cheese Quesadilla
Salsa & Sour Cream
Corn and Black Beans
Fruit of the Day
NYS Milk

15
NYS Cheese Pizza*
Fresh Veggie & Dip
NYS Grape Slushie
NYS Milk

18
School Closed
Martin Luther King Jr. Day

19
French Toast Sticks
NYS Maple Syrup
NYS Cheese Stick
Hash Brown
NYS Apple
NYS Milk

20
Nachos*
Taco Meat, Nacho Cheese
Salsa & Sour Cream
Corn & Black Beans
Fruit of the Day
NYS Milk

21
Meatball Sub*
Marinara Sauce
Broccoli
Fruit of the Day
NYS Milk

22
NYS Cheese Pizza*
Fresh Veggie & Dip
NYS Grape Slushie
NYS Milk

25
Chicken Wings & Dip*
Garlic Bread Stick
Carrots/Celery & Dip
NYS Grape Juice
NYS Milk

26
Pancakes
NYS Yogurt Parfait
With NYS Blueberries & Granola
Hash Brown
NYS Apple
NYS Milk

27
Tacos*
Hard Shell Taco, Taco Meat
Salsa, Sour Cream, Shredded Cheese
Corn & Black Beans
Fruit of the Day
NYS Milk

28
Crispy Chicken Sandwich*
NYS Potato Chips
Fruit of the Day
NYS Milk

29
NYS Cheese Pizza*
Fresh Veggie & Dip
NYS Grape Slushie
NYS Milk

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: Ham & Cheese on a Pretzel Roll
Tuesday: Turkey & Cheese Sub
Wednesday: Sun Butter & Jelly Sandwich
Thursday: Turkey & Cheese Sandwich
Friday: Turkey & Cheese Sub

