

OCTOBER 2021

Niskayuna High School Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

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

Turkey Bacon Wrap **1**
Ham & Cheese on Pretzel Roll
Chef Salad
Variety of Fruit/Vegetable
NYS Milk

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

Columbus Day **11**
No School

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

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

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

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

Ham & Cheese on Pretzel Roll **18**
Buffalo Chicken Wrap
Chef Salad
Variety of Fruit/Vegetable
NYS Milk

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

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

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

Superintendents **22**
Conference Day - No School

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

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

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

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

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

Our menus are pork-free



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Breakfast Choices & Alternate Lunch Options

Alternate Lunch Options:

Pizza, Loaded Veggie Salad*, Hummus with Pita Chips & Veggies*
All salads served with a whole grain dinner roll

Breakfast Choices:

Bagel w/ Cream Cheese, Cereal & Graham Crackers
100% Fruit Juice or Fruit of the Day
Choice of Milk



Niskayuna Food Service Department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

*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.

*Please talk to cook manager about the gluten-free options available.

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