

OCTOBER 2021

Niskayuna Middle School Menu

Monday
Tuesday
Wednesday
Thursday
Friday


***NYS Cheese Pizza** 1
 Fresh Veggie & Dip
 Fruit of the Day
 NYS Milk

Cheesy Macaroni and Cheese 4
 Broccoli
 Fruit of the Day
 NYS Milk

***NYS Cheeseburger** 5
 Sweet Potato Fries
 Fresh Pear
 NYS Milk

*Chicken Tenders 6
 Tater Tots
 Cucumbers & Ranch Dip
 Fruit of the Day
 NYS Milk

French Toast Sticks 7
 Hash Brown
Pumpkin Spice Yogurt
 NYS Apple
 NYS Milk

***NYS Cheese Pizza** 8
 Fresh Veggie & Dip
 Fruit of the Day
 NYS Milk

Columbus Day 11
No School

*Ham & Cheese Melt 12
 Carrots & Ranch Dip
 NYS Apple
 NYS Milk
 Turkey Ham Used

Chicken & Waffles 13
 Home Fries
 Fresh Orange Slices
 NYS Milk

***NYS Cheddar Burger** 14
 Lettuce & Tomato
 NYS French Fries
 NYS Apple
 NYS Milk
 NYS THURSDAY

***NYS Cheese Pizza** 15
 Fresh Veggie & Dip
 Fruit of the Day
 NYS Milk

*Loaded Nachos 18
 Salsa, Sour Cream
 Nacho Cheese
 Black Beans & Corn
 Grapes
 NYS Milk

Baked Ziti 19
 Garlic Breadstick
 Broccoli
 Fruit of the Day
 NYS Milk
 Baked ziti made with 100% beef

Chicken Nuggets 20
 Sweet Potato Tater Tots
 Fruit of the Day
 NYS Milk

***NYS Cheese Pizza** 21
 Fresh Veggie & Dip
 Fruit of the Day
 NYS Milk

Superintendents 22
Conference Day - No School

Popcorn Chicken Bowl 25
 Mashed Potatoes & Gravy
 Corn
 NYS Apple
 NYS Milk

*Loaded Tacos 26
 Salsa, Sour Cream
 Black Beans and Corn
 Fresh Pear
 NYS Milk
 Turkey Taco Meat Used

*Crispy Chicken Sandwich 27
 Waffle Fries
 Carrot Sticks & Ranch
 Fruit of the Day
 NYS Milk

***NYS 100% Beef Hot Dog** 28
 NYS French Fries
 NYS Apple
 NYS Milk
 NYS THURSDAY

***NYS Cheese Pizza** 29
 Fresh Veggie & Dip
 Fruit of the Day
 NYS Milk

Our menus are pork-free



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Breakfast Choices & Alternate Lunch Options

Breakfast Choices:

Bagel with Cream Cheese
*Assorted Cereal (Gluten-Free Chex Cereal Available)
Whole Grain Muffin
Fruit: 100% Fruit Juice or Fruit of the Day
Choice of Milk

Alternate Lunch Options:

*Hummus with Pita Chips & Vegetables (served with fruit, choice of milk)
*Yogurt (served with granola bar, fruit/veg, choice of milk)
*Sandwich of the Day (served with fruit/veg, choice of milk)

Sandwich of the Day:

Monday: Turkey & Cheese Wrap
Tuesday: Ham & Cheese Sub
Wednesday: Sun Butter & Jelly Sandwich
Thursday: Ham & Cheese on Pretzel Roll
Friday: Turkey & Cheese Sub
Turkey products used for sandwiches



Our 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!

October Menu Highlights:

UPDATE: The USDA extended FREE meals to all students until June 2022. **It remains important that families who believe they may qualify for the Free and Reduced Price Meal program submit an application. We want to be sure that all eligible families are enrolled in this program**



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

*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.

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