

March is *National Nutrition Month*
For more information on a healthy
lifestyle through food click [HERE](#)

MARCH 2024

Niskayuna VA Lunch Menu

Menus on the 26th and
28th are winners from
Mrs. Trefethen's 8th grade
health class

Alternative Entrees Available Daily
Check Website for Link to Choices

Monday

Tuesday

Wednesday

Thursday

Friday

Meatball Sub **4**
w/Mozzarella Cheese
Green Beans
Fruit Choice
Milk Choice

Chicken & Waffles **5**
Hashbrown Potatoes
100% Juice
Fruit Choice & Syrup Cup
Milk Choice

Crispy Chicken Sandwich **6**
French Fries
Fruit Choice
Fresh Veggies
Milk Choice

Macaroni & Cheese **7**
Yogurt Cup & Granola
Steamed Broccoli
Grape Tomatoes
Fruit Choice & **Milk Choice**

Cheese Pizza **1**
Steamed Mixed Vegetables
Fruit Choice
Milk Choice

French Toast Sticks **11**
Sausage Links & Home Fries
100% Orange Juice
Fruit Choice & Syrup Cup
Milk Choice

Chicken Nuggets **12**
Warm Garlic Knot
Mashed Potatoes & Broccoli
Fruit Choice & Veggies
Milk Choice

Ultimate Nacho **13**
(taco meat, cheese, black beans)
Rainbow Pepper Sticks
Fruit Choice & Salsa
Milk Choice

Grilled Chicken Alfredo **14**
Garlic Breadstick
Steamed Sweet Peas
Fruit Choice
Milk Choice

Cheese Pizza **15**
Steamed Mixed Vegetables
Fruit Choice
Milk Choice

18
Supt. Conf Day
No School

Orange Chicken **19**
Steamed Rice & Green Peas
Baby Carrots
Fruit Choice & **Milk Choice**

Crispy Chicken Sandwich **20**
Sweet Potato Fries
Corn
Fruit Choice
Milk Choice

Chicken & Cheese **21**
Quesadilla
Warm Cinnamon Pears
Fresh Veggie Cup
Fruit Choice & **Milk Choice**

Cheese Pizza **22**
Steamed Mixed Vegetables
Fruit Choice
Milk Choice

Wild Mike's Pizza Bites **25**
Marinara Sauce Cup
Steamed Broccoli
Fruit Choice
Milk Choice

BBQ Wings **26**
Garlic Knot
Carrot & Celery Sticks
Strawberry Cup
Milk Choice

Cheeseburger on a Bun **27**
Baked Potato Chips
Rainbow Pepper Sticks
Fruit Choice
Mini Cookies & **Milk Choice**

BBQ Boneless Rib **28**
Dinner Roll
Caesar Salad
Fruit Choice
Milk Choice

29
No School
Winter Recess



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

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider

