

MENU

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DECEMBER
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Niskayuna High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rotini w/Meat Sauce 2 Garlic Bread Peas & Carrots Warm Cinnamon Pears	Twin Chili Dogs 3 Sweet Potato Fries Green Beans Choc Chip Cookie	Breakfast for Lunch 4 Sunrise Waffles (2) Sausage & Home Fries 100% Juice Cup & Syrup	Ultimate Nachos 5 Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	Pizza Slice 6 (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad
Popcorn Chicken 9 & Mashed Potato Bowl Yellow Corn Dinner Roll Fresh Veggie Cup w/Hummus	Ham & Cheese Croissant 10 Baked Chips Tomato, Cucumber & Mozzarella Salad Yogurt Cup	Crispy Chicken Sandwich 11 w/spec sauce & pickles Seasoned Waffle Fries Crunchy Kale Salad  Harvest of the Month	Macaroni & Cheese Bar 12 w/Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	Pizza Slice 13 (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad
Crispy Chicken Tenders 16 with assorted dipping sauces Pesto Parmesan Rotini Fresh Grape Tomatoes	Bistro Cheeseburger 17 (plain, cheese or bacon) Seasoned Curly Fries Fresh Veggie w/Hummus	Gen Tso Chicken 18 Fried Rice & Veg Egg Roll Stir Fry Vegetables Fresh Grape Tomatoes	BYO Burrito Bowl 19 w/Cilantro Lime Rice (beans, protein, sides) Salsa & Sour Cream Guacamole, Olives, Jalapenos	Pizza Slice 20 (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad
 23	 24	 25	 26	 27
 30	 31	1	2	3

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.



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BOCES



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