

MENU

////////////////////
DECEMBER
 //////////////////////

Niskayuna Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy Chicken Patty 2 Sweet Potato Fries Yellow Corn 100% Grape Juice Cup	Rotini with Meat Sauce (beef) 3 Garlic Knot Seasoned Green Beans Baby Carrots	Cheesy Breadsticks with Marinara Sauce 4 Breaded Broccoli Bites Fresh Veggie w/Hummus Choc Chip Cookie	Chicken Nuggets 5 French Fries Veggies & Dip Garlic Bread	Pizza 6 Garden Salad Fruit Choices
Pizza Crunchers 9 Steamed Broccoli Yogurt Cup Fresh Veggie w/Hummus	Soft Tacos 10 (beef or turkey, cheese, lettuce) Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	Macaroni & Cheese 11 Corn Muffin Crunchy Kale Salad Warm Cinnamon Apples	Popcorn Chicken Bites 12 Mozzarella Sticks Marinara Sauce Crinkle Cut French Fries Fresh Veggie with Dip	Pizza 13 Garden Salad Fruit Choices
Cheeseburger 16 Baked Chips Rainbow Pepper Sticks Cocoa Brownie Bar	Pineapple Teriyaki Chicken 17 Fried Rice & Dumplings Steamed Broccoli Baby Carrots	Chicken Nuggets 18 Sunrise Waffle & Syrup Emoji French Fries Fresh Veggie with Hummus 100% Juice Cup	Ramen Noodles 19 Garlic Chicken & Egg Shredded Cabbage Strawberries Pretzel Sticks	Pizza 20 Garden Salad Fruit Choices
 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.



CAPITAL REGION
BOCES

