

## Niskayuna High School Lunch Menu









Popcorn Chicken **Bowl** 

mashed potato, cheese & gravy Dinner Roll & Yellow Corn Fresh Veggie w/Hummus

Sampler Platter (chick wings & Mke's Bites) Sweet Potato or Regular Fries Fresh Veggies w/Hummus

**BYO** Burrito (beef or chicken, rice & cheese) Guacamole, Salsa & Sour Cream Cowboy Caviar Mango Peach Applesauce

Assorted Pizza Slice Garden Salad

Bistro Cheeseburger (plain, cheese or bacon) NY Breaded Onion Rings Tortellini Pasta Salad Fresh Veggie w/Hummus

Rotini with Meat Sauce

Garlic Texas Toast Seasoned Green Beans Warm Cinnamon Pears

Earth Day

15

Chicken & Waffles Crispy Chicken Drumstick Maple Waffles Hash Browns 100% Juice Cup & Syrup

Macaroni & Cheese Bar BBQ Breaded Chicken Bites Steamed Broccoli Fresh Grape Tomatoes

Assorted Pizza Slice Garden Salad

Tortellini Alfredo with Chicken

Garlic Breadstick Roasted Broccoli **Grape Tomatoes** 

Rebellyous Plant Based Kickin' Chick'n Sandwich (plain or spicy) Kettle Cooked Potato Chips Fresh Veggie Cup w/Ranch

Sabrett NY Beef Hot Dog on a Bun Seasoned Curly Fries Harvest of the Watermelon Wedge **Baked Beans** NY Month

**Ultimate Nachos** Salsa & Sour Cream Guacamole, Olives, Jalapenos Refried Bean Dip Strawberry Applesauce Cup

Assorted Pizza Slice Garden Salad

Ham & Cheese on Pretzel Roll

Seasoned Waffle Fries Tomato. Cucumber & Mozz Salad

Ultimate Nachos

Salsa & Sour Cream Guacamole, Olives, Jalapenos Refried Bean Dip Mango Peach Applesauce Cup 100% Juice Cup

Crispy Chicken Tenders with assorted dipping sauces Pesto Parmesan Rotini Fresh Veggie w/Hummus

**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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