



# MENU

SEPT  
EMBER

## Niskayuna High School Lunch Menu



1



2

Conference Day No School



3

Conference Day No School

**Taco Salad w/Chips**  
(meat, cheese & lettuce)  
Salsa Cup & Sour Cream  
Guacamole, Olives, Jalapenos  
Yellow Corn & Rice Crispy

**Assorted Pizza**  
Garden Salad  
Fresh Fruit

5

**Bistro Cheeseburger**  
(plain, cheese or bacon)  
NY Breaded Onion Rings  
Crunchy Coleslaw  
Chocolate Chip Cookie

8

**Ultimate Nachos**  
Salsa & Sour Cream  
Guacamole, Olives, Jalapenos  
Mexican Street Corn & Beans  
Mango Peach Applesauce

9

**Chicken & Waffles**  
Crispy Chicken Drumstick  
Mini Waffles  
Home Fries & Baby Carrots  
100% Juice Cup & Syrup

10

**Macaroni & Cheese Bar**  
w/Buffalo Chicken  
Breadstick & Broccoli  
Fresh Grape Tomatoes

11

**Assorted Pizza**  
Garden Salad  
Fresh Fruit

12

**Crispy Chicken Tenders**  
with assorted dipping sauces  
French Fries  
Steamed Peas & Carrots

15

**Rotini with Meat Sauce**  
Garlic Texas Toast  
Seasoned Green Beans  
Warm Cinnamon Pears

16

**Double Hot Dog Day**  
Pasta Salad  
Corn & Grape Tomatoes  
Baked Beans

17

**General Tso Chicken**  
Fried Rice & Veg Egg Roll  
Stir Fry Vegetables  
Fortune Cookie

18

**Assorted Pizza**  
Garden Salad  
Fresh Fruit

19

**Philly Cheesesteak**  
Peppers & Onions  
Baked Potato Chips  
Fresh Veggie Cup w/Dip

22



23

**Sampler Platter**  
(chick wings & mozz sticks)  
Warm Garlic Knot  
Fresh Veggies with Hummus

24

**Penne Pasta Alfredo**  
Garlic Breadstick  
Steamed Green Beans  
Fresh Grape Tomatoes

25

**Assorted Pizza**  
Garden Salad  
Fresh Fruit

26

**Chicken Tenders**  
with dipping sauces  
Pesto Parmesan Rotini  
Fresh Veggie w/Hummus  
100% Juice Cup

29

**Burrito (Beef or Chicken)**  
Black Beans & Cheese  
Mexican Fiesta Rice  
Cinnamon Churro

30

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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