



MENU

Niskayuna Iroquois Lunch Menu

////////////////////
SEPTEMBER
////////////////////



1



2

Conference Day No School



3

Conference Day No School

Chicken Nuggets

Warm Garlic Knot
Mashed Potatoes
Fresh Veggie with Hummus

4

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

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

Hot Dog Day

Pasta Salad
Corn & Grape Tomatoes
Baked Beans

17

Cherry Blossom Chicken

Fried Rice & Dumplings
Steamed Broccoli
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

Tortellini Alfredo with Chicken

Garlic Texas Toast
Peas & Carrots
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

Soft Tacos

(cheese & lettuce)
Tortilla Chips w/bean dip
Yellow Corn

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.



linqconnect.com