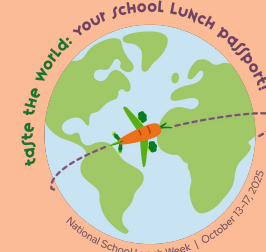




MENU

Niskayuna Iroquois MS Lunch Menu



OCTOBER

October 13th-17th is
National School Lunch Week
Join us in Eating Global Flavors!

Popcorn Chicken
& Mashed Potato Bowl
Yellow Corn
Dinner Roll
Baby Carrots w/Dip

1



2

Assorted Pizza Slices
Caesar Side Salad
Applesauce Cup

3

Crispy Chicken
Sandwich
Seasoned Waffle Fries
Roasted Broccoli

6

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

7

Crispy Chicken Tenders
with assorted dipping sauces
Tortellini Pasta Salad
Fresh Veggie w/Hummus
100% Juice Cup

8

Grilled Chicken Wrap
(Buffalo or Caesar)
French Fries
Grape Tomatoes

9

Assorted Pizza Slices
Garden Side Salad
Applesauce Cup

10

**Columbus/Indigenous
Peoples Day**
No School

13

Chicken Tinga Nachos
Salsa & Sour Cream
Guacamole, Olives, Jalapenos
Mexican Street Corn Salad
Mango Peach Applesauce

14

Beef Gyro w/Tzatziki
French Fries
Tangy Ginger Edamame
Salad
Fresh NY Apple or Juice

15

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

16

Assorted Pizza Slices
Caesar Side Salad
Applesauce Cup

17

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

20

Pulled Pork on a Kaiser
Kettle Potato Chips
Creamy Coleslaw
Yellow Corn

21

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

22

Crispy Chicken Tenders
with assorted dipping sauces
French Fries
Tomato & Cucumber Salad

23

Assorted Pizza Slices
Garden Side Salad
Applesauce Cup

24

Bistro Cheeseburger
(plain, cheese or bacon)
NY Breaded Onion Rings
Fresh Veggie w/Dip
Chocolate Chip Cookie

27

Buffalo Chicken Dip
w/tortilla chips
Carrot & Celery Sticks
Yellow Corn
100% NY Apple Juice

28

Carne Asada Bowl
(salsa, guacamole, sour cream)
Cilantro Lime Rice
Roasted Vegetable Medley
Black Beans

29

Tortellini Alfredo with
Chicken
Garlic Knot
Roasted Broccoli
Grape Tomatoes

30



**HAPPY
HALLOWEEN**

Assorted Pizza Slices
Caesar Side Salad
Spooky Sweet Treat

31

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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