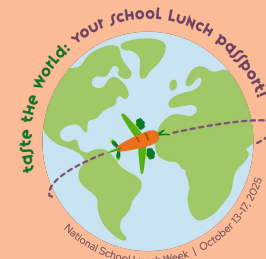




MENU

Niskayuna Van Antwerp MS Lunch Menu



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

1
Popcorn Chicken
& Mashed Potato Bowl
Yellow Corn
Dinner Roll
Baby Carrots w/Dip



2
Pizza Slice
Caesar Side Salad
Applesauce Cup

6
Crispy Chicken
Sandwich
Seasoned Waffle Fries
Roasted Broccoli or
Buffalo Cauliflower Bites

7
Taco Salad w/Chips
(meat, cheese & lettuce)
Salsa Cup & Sour Cream
Guacamole, Olives, Jalapenos
Yellow Corn & Rice Crispy

8
Crispy Chicken Tenders
with assorted dipping sauces
Tortellini Pasta Salad
Fresh Veggie w/Hummus
100% Juice Cup

9
Pizza Slice
Steamed Mixed Veggie
Garden Side Salad

10
Community Day Grill
Hotdogs & Hamburgers
Potato Chips & Pasta
Salad
Watermelon

13
**Columbus/Indigenous
Peoples Day**
No School

14
Chicken Tinga Nachos
Salsa & Sour Cream
Guacamole, Olives, Jalapenos
Mexican Street Corn Salad
Mango Peach Applesauce

15
Beef Gyro w/Tzatziki
French Fries
Tangy Ginger Edamame
Salad
Fresh NY Apple or Juice

16
Gen Tso Chicken
Fried Rice & Veg Egg Roll
Stir Fry Vegetables
Fortune Cookie

17
Pizza Slice
Caesar Side Salad
Applesauce Cup

20
Rotini with Meat Sauce
Garlic Texas Toast
Seasoned Green Beans
Warm Cinnamon Pears

21
Pulled Pork on a Kaiser
Kettle Potato Chips
Creamy Coleslaw
Yellow Corn

22
Sampler Platter
(chick wings & mozz sticks)
Warm Garlic Knot
Fresh Veggies with Hummus

23
Crispy Chicken Tenders
with assorted dipping sauces
French Fries
Tomato & Cucumber Salad

24
Pizza Slice
Garden Side Salad
Applesauce Cup

27
Bistro Cheeseburger
NY Breaded Onion Rings
Fresh Veggie w/Dip
Chocolate Chip Cookie

28
Buffalo Chicken Dip
w/tortilla chips
Carrot & Celery Sticks
Yellow Corn
100% NY Apple Juice

29
Carne Asada Bowl
(salsa, guacamole, sour cream)
Cilantro Lime Rice
Roasted Vegetable Medley
Black Beans

30
Crispy Chicken
Sandwich
Roasted Broccoli
Grape Tomatoes

31
HAPPY HALLOWEEN
Pizza Slice
Caesar Side Salad
Halloween Dirt Pudding Cup

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.

