



MENU

Niskayuna Iroquois MS Lunch Menu

NOVEMBER

Crispy Chicken Sandwich Seasoned Waffle Fries Buffalo Cauliflower Bites	3	 Conference Day No School	4	Chicken & Waffles Crispy Chicken Drumstick Maple Waffles Hash Browns & Baby Carrots 100% Juice Cup & Syrup	5	Conference Day Grilled Cheese Tomato Soup	6	Assorted Pizza Garden Side Salad Fresh Fruit	7
Cheesy Empanada Crispy Tater Tots Roasted Mixed Vegetables Cinnamon Churro	10	 Veterans Day	11	Crispy Chicken Tenders with assorted dipping sauces Pesto Parmesan Rotini Fresh Veggie w/Dip Yogurt Cup w/Granola	12	Chili Cheese Dog Waffle Fries Steamed Carrots	13	Assorted Pizza Garden Side Salad Fresh Fruit	14
Bistro Cheeseburger (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw	17	Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn & Beans Mango Peach Applesauce	18	Firecracker Chicken Honey Corn Bread Tater Tots Green Beans	19	Thanksgiving @ School Roasted Turkey Breast Buttery Mashed Potatoes Stuffing & Dinner Roll Green Beans & Apple Crisp	20	Assorted Pizza Garden Side Salad Fresh Fruit	21
Crispy Chicken Tenders with assorted dipping sauces French Fries Steamed Peas & Carrots	24	BYO Burrito Bowl w/Cilantro Lime Rice Salsa & Sour Cream Guacamole, Olives, Jalapenos Mini Rice Crispy Treat	25	Thanksgiving Break No School	26	 Thanks Giving	27	Thanksgiving Break No School	28

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.

