



# MENU

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**DECEMBER**  
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## Niskayuna Iroquois Middle School Lunch Menu

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

1

**Beef & Bean Chili**  
Cornbread Muffin  
NY String Cheese  
Green Beans  
Tajin Fruit Salad

2

**Chicken Tinga  
Quesadilla**  
Salsa & Sour Cream  
Guacamole, Olives, Jalapenos  
Rainbow Pepper Sticks  
Mango Peach Applesauce

3

**Macaroni & Cheese**  
w/Crispy BBQ Chicken  
Breadstick & Broccoli  
Fresh Grape Tomatoes  
Chocolate Chip Cookie  
**National 🍪 Cookie Day**

4

**Assorted Pizza**  
Caesar Side Salad  
Fresh Fruit

5

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

8

**Pulled Pork on a Kaiser**  
Kettle Potato Chips  
Baked Beans  
Fresh Veggie w/Hummus

9

**Bosco Cheese Sticks**  
Marinara Sauce  
Spiral Fries  
Sliced Cucumbers

10

**Gen Tso Chicken**  
Fried Rice & Veg Egg Roll  
Stir Fry Vegetables  
Fresh Grape Tomatoes  
Fortune Cookie

11

**Assorted Pizza**  
Caesar Side Salad  
Fresh Fruit

12

**Bistro Cheeseburger**  
(plain, cheese or bacon)  
NY Breaded Onion Rings  
Fresh Veggie w/Dip  
Mini Rice Crispy Treat

15

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

16

**Crispy Chicken Tenders**  
with assorted dipping sauces  
Tortellini Pasta Salad  
Fresh Grape Tomatoes

17

**Spicy Buldak Ramen**  
(Ramen Noodles, Egg, Cheese  
Sauce & Chicken)  
Edamame  
Fresh Fruit

18

**Assorted Pizza**  
Caesar Side Salad  
Fresh Fruit

19

**Crispy Chicken  
Sandwich**  
w/spec sauce & pickles  
Seasoned Waffle Fries

22

**Assorted Pizza**  
Caesar Side Salad  
Fresh Fruit

23

*Winter Break*

24

*Winter Break*

25

*Winter Break*

26

*Winter Break*



### 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.**

