



# MENU

Niskayuna  
High School  
Lunch Menu

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**JANUARY**  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break	Winter Break	Winter Break	 1	2 Winter Break
<b>Rotini with Meat Sauce</b> 5 Garlic Breadstick Roasted Broccoli Warm Cinnamon Apples	<b>Baked Potato Bar</b> 6 (pulled chicken, queso & bacon) Garlic Knot Seasoned Green Beans Salsa & Sour Cream	<b>Beef Gyro</b> 7 French Fries Greek Vegetable Salad Fresh Assorted Veggies	<b>Popcorn Chicken Bowl</b> 8 Mashed Potato Buttered Corn Gravy & a Dinner Roll Mango Peach Applesauce	<b>Assorted Pizza</b> 9 Garden Side Salad Fresh Fruit
<b>Bistro Cheeseburger</b> 12 (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw Fresh Veggie w/Hummus	<b>Cheesy Empanada</b> 13 Chipotle Aioli Crispy Tater Tots Roasted Mixed Vegetables Cinnamon Churro	<b>Chicken &amp; Waffles</b> 14 Hash Brown NY Apple Juice Yogurt & Syrup	<b>Macaroni &amp; Cheese Bar</b> 15 W/ Kielbasa Bites Garlic Bread & Broccoli Rainbow Pepper Sticks	<b>Assorted Pizza</b> 16 Garden Side Salad Fresh Fruit
 <b>Martin Luther King Jr. Day</b> 19	<b>Crispy Chicken Tenders</b> 20 with assorted dipping sauces Pesto Parmesan Rotini Seasoned Green Beans Baby Carrots	<b>Burrito Bowl</b> 21 Cilantro Lime Rice Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn	<b>Beef &amp; Bean Chili</b> 22 Cheddar & Sour Cream Cornbread Muffin Green Beans	<b>Assorted Pizza</b> 23 Garden Side Salad Fresh Fruit
<b>Crispy Chicken Sandwich</b> 26 Seasoned Waffle Fries Tomato & Cucumber Salad Baby Carrots w/ Hummus	<b>Tortellini Alfredo</b> 27 w/ <i>Halal</i> Meatballs (Chix & Beef) Roasted Broccoli Grape Tomatoes Chocolate Chip Cookie 	<b>Chicken Tinga Burrito</b> 28 Spanish Rice Salsa & Sour Cream Guacamole, Jalapenos, Cheddar Rainbow Pepper Sticks Mango Peach Applesauce	<b>BBQ Pork Bowl</b> 29 Pineapple Corn Rice Veggie Pinto Beans Cucumber Slices Fruit Salad	<b>Assorted Pizza</b> 30 Garden Side Salad Fresh Fruit

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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