



# MENU

Niskayuna  
Iroquois Middle  
School Lunch  
Menu

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**JANUARY**  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break		Harvest of the Month <b>NY EGG</b> January 14 <sup>th</sup>	 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>Halal Chicken Gyro</b> 7 French Fries Greek Vegetable Salad Fresh Assorted Veggies 	<b>Ultimate Nachos</b> 8 Salsa & Sour Cream Guacamole, Olives, Jalapenos Cowboy Caviar Mango Peach Applesauce	<b>Assorted Pizza</b> 9 Caesar Side Salad Fresh Fruit
<b>Bistro Cheeseburger</b> 12 (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw Fresh Veggie w/Hummus	<b>Bosco Cheese Sticks</b> 13 Marinara Sauce Tater Tots Sliced Cucumbers	<b>Breakfast for Lunch</b> 14 Hash Brown Egg & Cheese Bagel Grape Tomatoes NYS Apple Juice & Yogurt 	<b>Macaroni &amp; Cheese Bar</b> 15 W/ Kielbasa Bites Garlic Bread & Broccoli Rainbow Pepper Sticks	<b>Assorted Pizza</b> 16 Caesar 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>Popcorn Chicken Bowl</b> 21 Mashed Potato Buttered Corn Gravy & a Dinner Roll	<b>Teriyaki Chicken</b> 22 Fried Rice & Veg Egg Roll Stir Fry Vegetables Steamed Broccoli Fortune Cookie	<b>Assorted Pizza</b> 23 Caesar 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 Quesadilla</b> 28 Salsa & Sour Cream Guacamole, Olives, Jalapenos Rainbow Pepper Sticks Mango Peach Applesauce	<b>BBQ Chicken Bowl</b> 29 Pineapple Corn Rice Veggie Pinto Beans Cucumber Slices Fruit Salad	<b>Assorted Pizza</b> 30 Caesar Side Salad Fresh Fruit

View Menus Online



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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.

This institution is an equal opportunity employer.  
MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

