



# MENU

Niskayuna  
Iroquois Middle  
School Lunch  
Menu

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break	67	Harvest of the Month <b>NY EGG</b> January 14 <sup>th</sup>	2026 HAPPY NEW YEAR	2 Winter Break
<b>Rotini with Meat Sauce</b> Garlic Breadstick Roasted Broccoli Warm Cinnamon Apples	5 <b>Baked Potato Bar</b> (pulled chicken, queso & bacon) Garlic Knot Seasoned Green Beans Salsa & Sour Cream	6 <b>Halal Chicken Gyro</b> French Fries Greek Vegetable Salad Fresh Assorted Veggies	7 <b>Ultimate Nachos</b> Salsa & Sour Cream Guacamole, Olives, Jalapenos Cowboy Caviar Mango Peach Applesauce	8 <b>Assorted Pizza</b> Caesar Side Salad Fresh Fruit
<b>Bistro Cheeseburger</b> (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw Fresh Veggie w/Hummus	12 <b>Bosco Cheese Sticks</b> Marinara Sauce Tater Tots Sliced Cucumbers	13 <b>Breakfast for Lunch</b> Hash Brown Egg & Cheese Bagel Grape Tomatoes NYS Apple Juice & Yogurt	14 <b>Macaroni &amp; Cheese Bar</b> W/ Kielbasa Bites Garlic Bread & Broccoli Rainbow Pepper Sticks	15 <b>Assorted Pizza</b> Caesar Side Salad Fresh Fruit
 Martin Luther King Jr. Day	19 <b>Crispy Chicken Tenders</b> with assorted dipping sauces Pesto Parmesan Rotini Seasoned Green Beans Baby Carrots	20 <b>Popcorn Chicken Bowl</b> Mashed Potato Buttered Corn Gravy & a Dinner Roll	21 <b>Teriyaki Chicken</b> Fried Rice & Veg Egg Roll Stir Fry Vegetables Steamed Broccoli Fortune Cookie	22 <b>Assorted Pizza</b> Caesar Side Salad Fresh Fruit
26 <b>Crispy Chicken Sandwich</b> Seasoned Waffle Fries Tomato & Cucumber Salad Baby Carrots w/ Hummus	27 <b>Tortellini Alfredo</b> w/ <i>Halal</i> Meatballs (Chix & Beef) Roasted Broccoli Grape Tomatoes Chocolate Chip Cookie	28 <b>Chicken Tinga Quesadilla</b> Salsa & Sour Cream Guacamole, Olives, Jalapenos Rainbow Pepper Sticks Mango Peach Applesauce	29 <b>BBQ Chicken Bowl</b> Pineapple Corn Rice Veggie Pinto Beans Cucumber Slices Fruit Salad	30 <b>Assorted Pizza</b> Caesar 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.**

