



MENU

Niskayuna
Van Antwerp
Middle School
Lunch Menu

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JANUARY
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break		Harvest of the Month NY EGG January 14 th	 1	Winter Break 2
Chicken Nuggets 5 Ranch Mashed Potatoes Steamed Peas & Carrots Cocoa Brownie Bar	Ultimate Nachos 6 (taco meat & cheese) Salsa & Sour Cream Refried Beans	Rotini with Meat Sauce 7 Garlic Breadstick Steamed Broccoli Cucumbers & Tomatoes	Chicken & Waffles 8 Baked Sweet Potato Bites Celery Sticks 100% Grape Juice Syrup Cup	Pizza  9 Garden Salad Applesauce Cup Fresh Fruit Choices
Cheesy Breadsticks with Marinara Sauce 12 Roasted Broccoli Fresh Veggie w/Hummus	Corn Dog Bites 13 Crinkle Fries Tomato & Cucumber Salad Chocolate Chip Cookie	Egg & Cheese Bagel 14 Yogurt & Granola Home Fries & Baby Carrots Winter Berry Fruit Salad Apple Juice Harvest of the Month 	Tortellini Alfredo with Chicken 15 Garlic Bread Seasoned Green Beans Fresh Assorted Veggies	Pizza  16 Garden Salad Applesauce Cup Fresh Fruit Choices
 Martin Luther King Jr. Day 19	Toasted Ham & Cheese Croissant 20 Tomato Soup NYS String Cheese Cucumbers with Ranch	Chicken Tenders 21 Warm Garlic Knot Fresh Veggies & Dip	Cherry Blossom Chicken 22 Fried Rice Steamed Broccoli Grape Tomatoes Fortune Cookie	Pizza  23 Garden Salad Applesauce Cup Fresh Fruit Choices
Pizza Crunchers 26 Steamed Broccoli Fresh Veggie w/Hummus Chocolate Scooby Doo Graham	Soft Tacos 27 (Diced chicken, cheese, lettuce) Salsa & Sour Cream Corn & Bean Cowboy Caviar	Cheeseburger 28 French Fries Rainbow Pepper Sticks Cinnamon Roasted Pears	Macaroni & Cheese 29 Yogurt Cup & Granola Garlicy Green Beans Baby Carrots	Pizza  30 Garden Salad Applesauce Cup Fresh Fruit Choices

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.

This institution is an equal opportunity employer.

MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION



CAPITAL REGION
BOCES

