



# MENU

Niskayuna  
Van Antwerp  
Middle School  
Lunch Menu

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break		Harvest of the Month <b>NY EGG</b> January 14 <sup>th</sup>	<b>2026</b> HAPPY NEW YEAR	1 Winter Break
Chicken Nuggets Ranch Mashed Potatoes Steamed Peas & Carrots Cocoa Brownie Bar	5 Ultimate Nachos (taco meat & cheese) Salsa & Sour Cream Refried Beans	6 Rotini with Meat Sauce Garlic Breadstick Steamed Broccoli Cucumbers & Tomatoes	7 Chicken & Waffles Baked Sweet Potato Bites Celery Sticks 100% Grape Juice Syrup Cup	2 9 Pizza Garden Salad Applesauce Cup Fresh Fruit Choices
Cheesy Breadsticks with Marinara Sauce Roasted Broccoli Fresh Veggie w/Hummus	12 Corn Dog Bites Crinkle Fries Tomato & Cucumber Salad Chocolate Chip Cookie	13 Egg & Cheese Bagel Yogurt & Granola Home Fries & Baby Carrots Winter Berry Fruit Salad Apple Juice	14 NY FOOD DAYS Harvest of the Month	15 Tortellini Alfredo with Chicken Garlic Bread Seasoned Green Beans Fresh Assorted Veggies
 Martin Luther King Jr. Day	19 Toasted Ham & Cheese Croissant Tomato Soup NYS String Cheese Cucumbers with Ranch	20 Chicken Tenders Warm Garlic Knot Fresh Veggies & Dip	21 Cherry Blossom Chicken Fried Rice Steamed Broccoli Grape Tomatoes Fortune Cookie	16 23 Pizza Garden Salad Applesauce Cup Fresh Fruit Choices
Pizza Crunchers Steamed Broccoli Fresh Veggie w/Hummus Chocolate Scooby Doo Graham	26 Soft Tacos (Diced chicken, cheese, lettuce) Salsa & Sour Cream Corn & Bean Cowboy Caviar	27 Cheeseburger French Fries Rainbow Pepper Sticks Cinnamon Roasted Pears	28 Macaroni & Cheese Yogurt Cup & Granola Garlicy Green Beans Baby Carrots	29 30 Pizza 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

