



# MENU

Niskayuna  
Iroquois Middle  
School Lunch  
Menu

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**FEBRUARY**  
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<b>2</b> <b>Rotini with Meat Sauce</b> Garlic Breadstick Seasoned Green Beans Fresh Veggie w/Hummus	<b>3</b> <b>Ultimate Nachos</b> Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	<b>4</b> <b>Crispy Chicken Sandwich</b> Seasoned Waffle Fries Tomato, Cucumber Salad Cocoa Brownie Bar	<b>5</b> <b>Jamaican Beef Patty</b> Shredded Lettuce Sweet Plantains Spanish Rice Lima Bean Salad	<b>6</b> <b>Assorted Pizza</b> Caesar Side Salad Fresh Fruit
<b>9</b> <b>Bistro Cheeseburger</b> Lettuce & Tomato NY Breaded Onion Rings Crunchy Coleslaw Fresh Veggie w/Hummus	<b>10</b> <b>Popcorn Chicken</b> & Mashed Potato Bowl Yellow Corn Warm Garlic Knot Rainbow Pepper Sticks	<b>11</b> <b>Brunch for Lunch</b> Sunrise Waffles Turkey Sausage Links Egg Bites Sweet Potato Hashbrowns 100% Juice Cup & Syrup 	<b>12</b> <b>Macaroni &amp; Cheese Bar</b> w/Crispy BBQ Chicken Steamed Broccoli Fresh Grape Tomatoes Warm Cinnamon Apples	<b>13</b> <b>Assorted Pizza</b> Caesar Side Salad Fresh Fruit
<b>16</b> <i>Winter Break</i>	<b>17</b> <i>Winter Break</i>	<b>18</b> 	<b>19</b> <i>Winter Break</i>	<b>20</b> <i>Winter Break</i>
<b>23</b> <b>Crispy Chicken Tenders</b> with assorted dipping sauces Toasty Garlic Bread Seasoned Curly Fries Fresh Veggie w/Hummus	<b>24</b> <b>BYO Burrito Bowl</b> w/ Cilantro Lime Rice Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Black Beans	<b>25</b> <b>Buffalo Chicken Dip</b> w/tortilla chips Carrot & Celery Sticks Steamed Broccoli Mini Rice Crispy Treat	<b>26</b> <b>Gen Tso Chicken</b> Fried Rice & Veg Egg Roll Stir Fry Vegetables Grape Tomatoes Fortune Cookie	<b>27</b> <b>Assorted Pizza</b> Caesar Side Salad Fresh Fruit
	<b>February is National Sweet Potato Month &amp; NY Harvest of the Month.</b> Learn more about <a href="#">them HERE</a>			

View Menus Online



linqconnect.com

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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