



MENU

Niskayuna
Iroquois Middle
School Lunch
Menu

FEBRUARY

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

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.

