MENU

Niskayuna
Iroquois MS
Lunch Menu

MARCH

NY FOOD DAYS

2 **Rotini with Meat Sauce** Garlic Breadstick Garlicky Green Beans Fresh Veggie w/Hummus	**3** **Pulled Chicken On a Kaiser Roll** Chipotle Mashed Potatoes Broccoli Slaw Mini Rice Crispy Treat	**4** **Crispy Chicken Wrap** (plain, ranch or buffalo) Baked Potato Chips Sweet Potato Wedges Cucumber Slices	**5** **Firecracker Chicken** Corn Bread Baked Beans Carrot & Celery Sticks	**6** **Assorted Pizza** Garden Side Salad Fresh Fruit
9 **Crispy Chicken Tenders** & dipping sauces Tortellini Pasta Salad Seasoned Curly Fries Fresh Veggie w/Hummus	**10** **Walking Taco** (meat, cheese w/corn chips) Salsa Cup & Sour Cream Cowboy Caviar Mango Peach Applesauce	**11** **Maple Waffles** Chicken Sausage Hashbrown Patty 100% Juice Cup & Syrup	**12** **Macaroni & Cheese** With Kielbasa Bites Garlic Bread & Broccoli Cucumbers & Grape Tomato	**13** **Assorted Pizza** Garden Side Salad Fresh Fruit Pi Day
16 **Bistro Cheeseburger** (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw Baby Carrots w/Hummus	**17** **Hot Corned Beef Sandwich** Green Beans Rainbow Pepper Slices Tropical Fruit Salad	**18** Maple BBQ Glazed Chicken Wing Basket Warm Biscuit & Veggie Sticks Maple Sriracha Baked Beans NY FOOD DAYS	**19** **Teriyaki Chicken** Fried Rice & Veg Egg Roll Stir Fry Vegetables Fortune Cookie	**20** **Conference Day** No School
23 **Crispy Chicken Tenders** & dipping sauces Pesto Rotini Pasta Seasoned Curly Fries Fresh Veggie w/Hummus	**24** **Bosco Sticks** Mariniara Sauce Edamame Salad Glazed Carrots	**25** **Toasted Ham & Cheese on a Pretzel Roll** Choice of Soup Rainbow Pepper Sticks NY Apple Juice Cup	**26** **Cheese Lasagna** Warm Garlic Knot Roasted Broccoli Cucumbers & Grape Tomato	**27** **Assorted Pizza** Garden Side Salad Fresh Fruit
30 **Crispy Chicken Sandwich** Seasoned Waffle Fries Tomato & Cucumber Salad Fresh Veggie w/Hummus	**31** **Tortellini Alfredo** *w/ Halal Meatballs* Peas & Carrots Grape Tomatoes Chocolate Chip Cookie	Adirondack Maple Syrup Fonds, NY **Harvest of the Month** March 18th		

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.

CAPITAL REGION BOCES

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