MENU

Niskayuna
Van Antwerp MS
Lunch Menu

MARCH

NY FOOD DAYS

2 **Chicken Nuggets** Ranch Mashed Potatoes Steamed Peas & Carrots Cinnamon Roasted Pears	**3** **Rotini with Meat Sauce** Garlic Breadstick Seasoned Green Beans Baby Carrots	**4** **Chicken Alfredo** Garlic Bread Cucumber Coins with Dip	**5** **Cherry Blossom Chicken** Veggie Fried Rice & Broccoli Grape Tomatoes Fortune Cookie	**6** **Pizza** Garden Salad Applesauce Cup Fresh Fruit Choices
9 **Cheeseburger** Sweet Potato Wedges Rainbow Pepper Sticks Cocoa Cherry Brownie Bar	**10** **Ultimate Nachos** (taco meat & cheese) Salsa & Sour Cream Refried Beans Yellow Corn	**11** **Macaroni & Cheese** Yogurt Cup & Granola Garlicy Green Beans Baby Carrots	**12** **Chicken Drumstick** Garlic Knot Potato Nuggets Roasted Broccoli	**13** Pi Day **Pizza** Garden Salad Applesauce Cup Fresh Fruit Choices
16 **Chicken Patty** Chips Mixed Vegetables	**17** **French Toast Sticks** Sausage Links Baked Sweet Potato Bites NY Apple Juice & Syrup Cup	**18** **Chicken Tenders** Corn on the Cob **Maple Baked Beans** NY FOOD DAYS	**19** **Chicken Wings** Mozzarella Sticks Cucumbers Chocolate Chip Cookie	**20** **Conference Day** No School
23 **Pizza Crunchers** Seasoned Green Beans Fresh Veggie Cup & Dip Winter Fruit Salad	**24** **Ultimate Nachos** (turkey, cheese, lettuce) Salsa & Sour Cream Corn & Bean Cowboy Caviar	**25** **Chicken Bites Maple Waffles** Emoji Fries & Yogurt Cup Assorted Veggies Juice Cup & Syrup Cup National Waffle Day	**26** **Chef's Choice** Dinner Rol; Roasted Broccoli Baby Carrots	**27** **Pizza** Garden Salad Applesauce Cup Fresh Fruit Choices
30 **Crispy Chicken Patty** Cheesy Garlic Mashed Potatoes Yellow Corn Mini Rice Krispy Treat	**31** **Meatball Sub** Mozzarella Cheese Roasted Broccoli	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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