



# MENU

Niskayuna  
Elementary School  
Lunch Menu

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**OCTOBER**  
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**French Toast Sticks**  
Turkey Sausage Links  
Sweet Potato Bites  
NY Apple Juice Cup

5

**Chicken & Cheese Quesadilla**  
Salsa & Sour Cream  
Corn & Black Beans

6

**Chicken Tenders & Mozz Stick Basket**  
Crinkle Cut Fries  
Marinara Sauce Cup  
Veggie Cup

7

**Toasted Ham & Cheese Croissant**  
Tomato Soup  
Grape Tomatoes  
Corn Salad

1

**Pizza**  
Fresh Veggies  
Applesauce Cup

2

**Pizza**  
Fresh Veggies  
Applesauce Cup

9



12

**Soft Tacos**  
(meat, cheese, lettuce)  
Salsa & Sour Cream  
Cilantro Lime Rice  
Veggie Pinto Beans

13



**Cheeseburger**  
Sweet Potato Wedges  
Rainbow Pepper Sticks  
Fresh NY Apples  
or Juice

14



**Crispy Chicken Patty Sandwich**  
Cheesy Garlic Potatoes  
Steamed Mixed Vegetables  
Baby Carrots w/ Ranch Dip

15

**Pizza**  
Fresh Veggies  
Applesauce Cup

16



**Waffles**  
Pork Sausage  
Emoji Fries  
Orange Juice & Syrup

19

**Rotini with Meat Sauce**  
Garlic Breadstick  
Parmesan Peas  
Side Salad

20

**Cheesy Breadsticks w/Marinara Sauce**  
Steamed Broccoli  
Rainbow Pepper Sticks  
Mini Rice Crispy Treat

21

**Pizza**  
Fresh Veggies  
Applesauce Cup

22

**HALF DAY TODAY!**

No Lunch

23

**Pancakes**  
Yogurt  
Hash Brown  
100% Juice & Syrup

26

**Loaded Nachos**  
(meat, cheese, lettuce)  
Tex Mex Black Beans  
Roasted Sweet Potatoes  
Salsa Cup & Sour Cream

27

**HALF DAY TODAY!**

No Lunch

28

**Mummy Dogs**  
Freaky Fries  
Fresh Veggie w/Hummus  
Pudding Cup

29

**Pizza**  
Fresh Veggies  
Applesauce Cup

30



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 white or flavored milk.

