



MENU

Niskayuna
High School
Lunch Menu

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OCTOBER
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Hot Ham & Cheese on Pretzel Roll
Sun Chips
Glazed Roasted Carrots
Fresh Veggie w/Hummus

Ultimate Nachos
Salsa & Sour Cream
Guacamole, Olives, Jalapenos
Yellow Corn & Tex Mex Beans
Mini Rice Crispy Treat

Oven Roasted Chicken
Crispy Potato Wedges
Broccoli Florets
NY Apple Pie

Hot Dog
Potato Wedges
Glazed Carrots
NY Yogurt w/Granola
Fresh Veggie & Hummus

Assorted Pizza
Garden Side Salad
Fresh Fruit

Assorted Pizza
Garden Side Salad
Fresh Fruit

Gen Tso Chicken
Fried Rice & Veg Egg Roll
Stir Fry Vegetables
Fresh Grape Tomatoes
Fortune Cookie



Chicken Tenders
with assorted dipping sauces
Seasoned Curly Fries
Tortellini Pasta Salad
Mango Peach Applesauce

Bistro Burger
NY Breaded Onion Rings
Tangy Cucumber Salad
Fresh NY Apple or Juice

Macaroni & Cheese
Buffalo Chicken
Garlic Breadstick
Parmesan Peas
Fresh Grape Tomatoes

Assorted Pizza
Garden Side Salad
Fresh Fruit

Baked Potato Bar
Pulled Chicken
Warm Garlic Knot
NY String Cheese
Baby Carrots w/Hummus

Breakfast for Lunch
French Toast Sticks
Pork Sausage Patties
Home Fries/ Peppers & Onions
Sunrise Juice Cup & Syrup

BBQ Pulled Pork on Kaiser
Baked Beans
Coleslaw & Grape Tomatoes
Chocolate Chip Cookie

Hot Ham & Cheese on a Pretzel Bun
Waffle Fries
Roasted Broccoli

Assorted Pizza
Garden Side Salad
Fresh Fruit

Popcorn Chicken Bowl & Dinner Roll
Sweet Yellow Corn
Fresh Veggie w/Hummus
Grapes

BYO Burrito Bowl
Cilantro Lime Rice
Guacamole, Black Olives, Jalapenos
Salsa, Sour Cream
Veggie Pinto Beans
Rainbow Pepper Sticks

Crispy Chicken Sandwich on Brioche
Special Sauce Lettuce, Tomato, Onion, & Pickles
Seasoned Waffle Fries
Cucumber & Tomato Salad

Rotini with Meaty
Marinara Sauce
Garlic Toast
Steamed Broccoli
Fresh Baby Carrots

Assorted Pizza
Garden Side Salad
Fresh Fruit

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.

