



MENU

Niskayuna
Iroquois Middle School
Lunch Menu

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

5

Walking Taco
Salsa & Sour Cream
Guacamole, Olives, Jalapenos
Corn & Tex Mex Beans
Mini Rice Crispy Treat

6

Firecracker Chicken
Crispy Potato Wedges
Broccoli Florets
NY Apple Pie

7

**White Cheddar
Macaroni & Cheese**
Roasted Turkey Medallions
Garlic Toast & Broccoli
Fresh Grape Tomatoes

1

Assorted Pizza
Garden Side Salad
Fresh Fruit

2

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

8

Assorted Pizza
Garden Side Salad
Fresh Fruit

9



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

13

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

14

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

15

Assorted Pizza
Garden Side Salad
Fresh Fruit

16

**Tara Kitchen
Takeover**

Chicken Tikka
Masala & Naan
Jasmine Rice & Green Beans



19

Breakfast for Lunch
(French Toast Sticks and
Three Cheese Omelet Bites)
Home Fries/ Peppers & Onions
Sunrise Juice Cup & Syrup

20

**BBQ Pulled Pork
on Kaiser**
Au Gratin Potatoes
Coleslaw & Grape Tomatoes
Chocolate Chip Cookie

21

Teriyaki Chicken
Vegetable Fried Rice
Chicken & Veg Dumplings
Sesame Broccoli
Fortune Cookie

22

Assorted Pizza
Garden Side Salad
Fresh Fruit

23

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

26

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

27

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

28

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

29

Assorted Pizza
Garden Side Salad
Fresh Fruit

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.

