



MENU

Niskayuna
Van Antwerp
Middle School
Lunch Menu

////////////////////
OCTOBER
////////////////////



Chicken & Veggie Dumplings
Oven Fried Rice
Crunchy Cabbage Salad
Fresh Mandarin Oranges
Fortune Cookie

Pizza 🍕
Garden Salad
Applesauce Cup
Fresh Fruit Choices

Tara Kitchen Takeover
Apricot Chicken
Cous Cous
Garlic Green Beans



French Toast Sticks
Turkey Sausage Links
Sweet Potato Bites
Maple Syrup
NY Apple Juice Cup

Chicken Wing Basket with Mozzarella Sticks
Crinkle Cut Fries
Marinara Sauce Cup
Veggie Cup

Chicken Tenders
Smiley Fries
Corn & Black Beans
Grape Tomatoes

Community Day BBQ
Burgers & Hot Dogs
Pasta & Potato Salad
Chips & Fruit



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

Crispy Chicken Patty Sandwich
Potato Chips
Fresh Veggies
Fresh NY Apples



Pineapple Teriyaki Chicken
Fried Rice
Broccoli & Cucumbers
Fortune Cookie

Pizza 🍕
Garden Salad
Applesauce Cup
Fresh Fruit Choices



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

Popcorn Chicken & Waffles
Emoji Fries
Cucumber Slices
Orange Juice & Syrup

Chicken Tortellini Alfredo
Broccoli
Garlic Bread

Rotini with Meat Sauce
Garlic Breadstick
Green Beans

Pizza 🍕
Garden Salad
Applesauce Cup
Fresh Fruit Choices

Crispy Chicken Tenders
Tortellini Pasta Salad
Yellow Corn
Grape Tomatoes

Loaded Nachos
Tex Mex Black Beans
Chili Roasted Sweet Potatoes
Salsa Cup & Sour Cream
Grapes

Mozzarella Pizza Crunchers
Roasted Broccoli
Rainbow Pepper Sticks
Warm Cinnamon Pears

Mummy Dogs
Freaky Fries
Fresh Veggie w/Hummus
Dirt & Worms Pudding Cup

Pizza 🍕
Garden Salad
Applesauce Cup
Fresh Fruit Choices

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.

