MENU

Niskayuna
Iroquois MS
Lunch Menu

NOVEMBER

2 ***Maple BBQ Pulled Chicken on Kaiser** Au Gratin Potatoes Baby Carrots w/ Hummus Chocolate Chip Cookie	**3**  **Conference Day** No School	**4** **Chicken Wing Basket** Crispy Potato Wedges Broccoli Florets NY Apple Pie	**5** ***Ultimate Beef Nachos** Salsa & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Tex Mex Beans Mango Peach Applesauce	**6** **Assorted Pizza** Garden Side Salad Fresh Fruit
9 **Crispy Chicken Tenders** with assorted dipping sauces Seasoned Curly Fries Pesto Parmesan Rotini Fresh Veggie w/ Hummus	**10** ***Cheesy Chicken Quesadillas** Salsa, Sour Cream Mexican Street Corn Salad Rainbow Pepper Sticks Mini Rice Krispy Treat	**11**  	**12** ***Macaroni & Cheese** W/BBQ Seasoned Chicken Garlic Breadstick Parmesan Peas Fresh Grape Tomatoes	**13** **Assorted Pizza** Garden Side Salad Fresh Fruit
16 **Halal Meatball Subs** NY Breaded Onion Rings Baby Carrots w/Hummus Winter Berry Salad	**17** **Breakfast for Lunch** (Chicken Drumstick & NY Sunrise Waffles) Home Fries Roasted Peppers & Onions NY Apple Juice Cup & Syrup	**18** **Hot Ham & Cheese on Pretzel Roll** Glazed Roasted Carrots NY Yogurt w/Granola NY String Cheese	**19** **Thanksgiving @ School** Roast Turkey & Gravy Mashed Potatoes Green Beans & Apple Crisp Dinner Roll	**20** **Assorted Pizza** Garden Side Salad Fresh Fruit
23 **Popcorn Chicken Bowl** Dinner Roll Sweet Yellow Corn Fresh Veggie w/Hummus NY Grape Juice Slushie	**24** **Assorted Pizza** Garden Side Salad Fresh Fruit	**25** Thanksgiving Break No School	**26**  	**27** Thanksgiving Break No School
30 **Chicken Parm Wrap** w/ Sun chips Buffalo Cauliflower Bites Grape Tomatoes Fresh Veggie w/Hummus				

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 white or flavored milk.

CAPITAL REGION BOCES



This institution is an equal opportunity provider.