MENU

Niskayuna
Van Antwerp
School Lunch Menu

NOVEMBER

2 **Chicken Sandwich** Baked Chips Assorted Veggies Fresh Fruit	**3**  **Conference Day** No School	**4** **Chicken Tenders & Mozzarella Stick Basket** Onion Rings Marinara Sauce Cup Veggie Cup	**5** **Cheesy Breadsticks w/Marinara Sauce** Sliced Cucumbers Fresh Fruit	**6** **Pizza** Garden Salad Applesauce Cup
9 **Chicken Nuggets** Dinner Roll Yellow Corn Honey/Maple Glazed Carrots	**10** **Pizza Crunchers** Pasta Salad Fresh Fruit Assorted Veggies	**11**  	**12** **Cheeseburger** Sweet Potato Wedges Rainbow Pepper Sticks Winter Berry Salad	**13** **Pizza** Fresh Veggies Applesauce Cup
16 **Waffles** Pork Sausage Hash Brown Nuggets Orange Juice & Syrup	**17** **French Toast** Turkey Sausage Sweet Potato Wedges Juice	**18** **Macaroni & Cheese** Pretzel Stick Roasted Broccoli Fresh Fruit  	**19** Thanksgiving @ School **Turkey & Gravy** Buttery Mashed Potatoes Dinner Roll, Corn, Stuffing, Craisins, Pumpkin Pie	**20** **Pizza** Fresh Veggies Applesauce Cup
23 **Chicken Tenders** Roasted Potatoes Buttered Corn Fresh Fruit	**24** **Beef Fried Rice** Roasted Broccoli Fresh Fruit	**25** Thanksgiving Break No School	**26**  	**27** Thanksgiving Break No School
30 **Pasta with Meat Sauce** Garlic Bread Broccoli with Cheese Fresh Fruit				

View Menus Online

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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



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