

September 2017

Niskayuna Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

No School

1

1% or Skim White or non-Fat Flavored Milk \$.50

Fresh Fruit, Fruit Cup, Vegetables, & Milk choices are available daily with any lunch.

Daily Deli Sandwich

Mon- Turkey
Tues- Ham
Wed- Tuna
Thurs- Bologna
Fri- Turkey

PBJ or Yogurt w/ Cheese Stick offered daily

Meal Prices

Breakfast \$1.65
Reduced \$.25
Lunch \$3.25
Reduced Price \$.25

Reminder!

Please fill out your Free/Reduce Meal Application. A new form must be filled out each year.

USDA is an equal opportunity provider & employer
Menu subject to change without notice.

No School
Labor Day

4

No School
Conference Day

5

Chicken Nuggets
Baked Fries
Baked Beans
Fruit Choice
Low Fat Milk

6

Cheese Pizza
Romaine Salad with Cucumbers & Tomato
Carrot Sticks
Fruit Choice
Low Fat Milk

7

Spaghetti With Sauce
And Meatballs
Garlic Roll
Steamed Broccoli
Fruit Choice
Low Fat Milk

8

Hot Dog On A Bun
Sweet Potato Puff
Baked Beans
Fruit Choice
Low Fat Milk

11

Breakfast For Lunch
French Toast Sticks
Sausage/Hash Brown
Blueberry Cup
100% Juice Cup
Low Fat Milk

12

Chicken Tenders
Herb Enhanced Rice
Garlic Spinach
Celery & Carrot Sticks
Fruit Choice
Low Fat Milk

13

Cheese Pizza
Or
Broccoli Pizza
Romaine Salad with Cucumbers & Tomato
Fresh Red & Green
Pepper Cup
Fruit Choice
Low Fat Milk

14

Grilled Cheese
Tomato Soup
Cucumber Slices
Fruit Choice
Low Fat Milk

15

Chicken Patty On A Roll
Baked Fries
Red Peppers & Carrot Sticks
Fruit Choice
Low Fat Milk

18

Nachos & Cheese
Southwest Black Bean
Salad
Yellow Corn
Fruit Choice
Low Fat Milk

19

Italian Dunkers
(breadstick & marinara)
Green Beans
Romaine Salad with Cucumbers & Tomato
Fruit Choice
Jello Cup
Low Fat Milk

20

No School

21

No School

22

Hamburger On A Bun
Baked Fries
Baked Beans
Fruit Choice
Low Fat Milk

25

Breakfast For Lunch
French Toast Sticks
Sausage/Tater Tots
Applesauce
100% Juice Cup
Low Fat Milk

26

Humbo Jumbo
(Ham & Cheese on a Roll)
Yellow Summer Squash
Diced Beets
Fruit Choice
Low Fat Milk

27

Cheese Pizza
Or
Pepperoni Pizza
Romaine Salad with Cucumbers & Tomato
Carrot Sticks
Fruit Choice
Low Fat Milk

28

Cheese Tortellini
Garlic Dinner Roll
Green Beans
Fruit Choice
Low Fat Milk

29