

DECEMBER 2017

Niskayuna High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.

Filet of Fish w/cheese
on a Bun
Baked Potato Puffs
Steamed Carrots
Fruit Choice
Low Fat Milk

1

Kitchen Corner

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

Daily Deli Line Choices:
Roast Beef, Turkey, Ham,
Bologna, Salami, Tuna and
Cheese
Daily Salad Bowls:
Garden Delux, Chicken,
Ceaser, Southwest Chicken
Salad, Hummus
Mediterranean Salad

Yogurt w/Cheese Stick
offered daily

Meal Prices
Breakfast \$2.15
Reduced \$.25
Lunch \$3.50
Reduced Price \$.25

Reminder!
Please fill out your
Free/Reduced Meal
Application. A new form
Must be filled out each year.

Menu subject to change
without notice.

General Tso's Chicken
over Herbed Rice
Oriental Vegetable
Pineapple Cup
Low Fat Milk

4

Philly Cheese Steak Sub
w/onions, peppers
Green Beans
Fruit Choice
Low Fat Milk

5

Cheese Tortellini with
Marinara Sauce
Garlic Roll
Applesauce
Low Fat Milk

6

Specialty Pizza
Cheese Pizza
Romaine Spinach Salad
Apple
Low Fat Milk

7

Salisbury Steak
Mashed Potato
Corn
Fruit Choice
Low Fat Milk

8

Grilled Chicken
Parmesean on a Bun
Italian Green Beans
Pear Cup
Low Fat Milk

11

Beef Burrito w/lettuce,
tomato, cheese
Spanish Rice
Fruit Choice
Low Fat Milk

12

Sweet or Hot
Italian Sausage Sub
Onions / Peppers
Baked Potato Puffs
Corn
Fruit Choice
Low Fat Milk

13

Specialty Pizza
Cheese Pizza
Veggie Garden Salad
Apple
Low Fat Milk

14

Grilled Rueben
on Rye Bread
Steamed Carrots
Fruit Choice
Low Fat Milk

15

Meatball Sub w/cheese
Green Beans
Mixed Fruit Cup
Low Fat Milk

18

Breakfast for Lunch
Sausage Patty
French Toast Sticks
Hash Browns
Applesauce
Low Fat Milk

19

Chicken Patty on a Whole
Wheat Bun
Italian Pasta Salad
Fruit Choice
Low Fat Milk

20

Specialty Pizza
Cheese Pizza
Fresh Garden Salad
Apple
Low Fat Milk

21

Shepherd's Pie (Beef,
Mashed Potato, Corn)
Dinner Roll
Fruit Choice
Low Fat Milk

22

No School

25

No School

26

No School

27

No School

28

No School

29