

DECEMBER

Niskayuna Schools

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.

4
Cheeseburger on a WG Bun
6 Tater Tots
May take 2 fruits & 2 Vegetables
1/2c Baby Carrots
1/2c Green Beans
1/2c Apple Slices
Fresh Oranges
Asst Low Fat Milk

11
WG Chicken Patty on a WG Roll
1/2c Baked Fries
May take 2 fruits & 2 Vegetables
1/2c Baby Carrots
1/2c Green Beans
1/2c Apple Slices
Fresh Oranges
Asst Low Fat Milk

18
5 WG Chicken Nuggets
6 Baked Tater Tots
May take 2 fruits & 2 Vegetables
1/2c Baby Carrots
1/2c Green Beans
1/2c Apple Slices
Fresh Oranges
Asst Low Fat Milk

25
No School

5
Taco Tuesday
(2oz Taco Meat, 1/2 oz Moz Cheese, Salsa w/ Choice of Tostitos or Soft Wrap)
May take 2 fruits & 2 Vegetables
1/2c Romaine Lettuce
1/2c Corn
1/2c Strawberries
Asst Low Fat Milk

12
Taco Tuesday
(2oz Taco Meat, 1/2 oz Moz Cheese, Salsa w/ Choice of Tostitos or Soft Wrap)
May take 2 fruits & 2 Vegetables
1/2c Romaine Lettuce
1/2c Broccoli
1/2c Strawberries
Asst Low Fat Milk

19
Taco Tuesday
(2oz Taco Meat, 1/2 oz Moz Cheese, Salsa w/ Choice of Tostitos or Soft Wrap)
May take 2 fruits & 2 Vegetables
1/2c Romaine Lettuce
1/2c Broccoli
1/2c Strawberries
Asst Low Fat Milk

26
No School

6
WG Chicken Quesadilla
May take 2 fruits & 2 Vegetables
1/2c Baby Carrots
1/2c Broccoli
1/2c Peaches
Oranges
Asst Low Fat Milk

13
5 Meatball Sub on a WG Roll
May take 2 fruits & 2 Vegetables
1/2c Baby Carrots
1/2c Broccoli
1/2c Peaches
Oranges
Asst Low Fat Milk

20
2 oz WG Grilled Cheese
6 oz Tomato Soup
May take 2 fruits & 2 Vegetables
1/2c Baby Carrots
1/2c Broccoli
1/2c Peaches
Oranges
Asst Low Fat Milk

27
No School

7
Cheese Pizza
May take 2 fruits & 2 Vegetables
1/2c Fresh Celery
1/2c Steamed Peas
1/2c Blueberries
1/2c Peaches

14
Cheese Pizza
May take 2 fruits & 2 Vegetables
1/2c Fresh Celery
1/2c Steamed Peas
1/2c Blueberries
1/2c Peaches

21
Cheese Pizza
May take 2 fruits & 2 Vegetables
1/2c Fresh Celery
1/2c Steamed Peas
1/2c Blueberries
1/2c Peaches

28
No School

1
3 WG Chicken Tenders
1/2c Herb Enhanced Rice
May take 2 fruits & 2 Vegetables
1/2c Assorted Fresh Vegetables
1/2c Edemame
1/2c Assorted Fruit
1/2c Fresh Apple Slices
Assorted Low Fat Milk

8
1/2c WG Spaghetti With Sauce
And 5 Meatballs
Garlic Roll
May take 2 fruits & 2 Vegetables
1/2c Asst Fresh Veggies
1/2c Edemame
1/2c Assorted Fruit
1/2c Fresh Apple Slices
Assorted Low Fat Milk

15
1/2c WG Baked Ziti w/ Mozzarella Cheese
Garlic Roll
May take 2 fruits & 2 Vegetables
1/2c Asst Fresh Vegetables
1/2c Edemame
1/2c Assorted Fruit
1/2c Fresh Apple Slices
Assorted Low Fat Milk

22
2 oz Ham & 1/2 oz Cheese on a WG Croissant
May take 2 fruits & 2 Vegetables
1/2c Assorted Fresh Vegetables
1/2c Edemame
1/2c Assorted Fruit
1/2c Fresh Apple Slices
Assorted Low Fat Milk

29
No School

Kitchen Corner
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

