

September 2017

Niskayuna High 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

No School
Labor Day

4

No School
Conference Day

5

No HS STUDENTS
9th grade Orientation

6

Cheese Pizza
Or
Specialty Pizzas
Garden Salad
Or
Carrot Pack
Fruit Choice
Assorted Low Fat Milk

7

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

8

2 Hot Dog On A Bun
Bean & Bacon Soup
Baked Fries
Fruit Choice
Assorted Low Fat Milk

11

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

12

Grilled Chicken w/Bacon &
Ranch on a Bakery Roll
Baked Potato Puffs
Steamed Broccoli
Celery & Carrot Sticks
Fruit Choice
Assorted Low Fat Milk

13

Cheese Pizza
Or
Specialty Pizza
Romaine Salad with
Cucumbers & Tomato
Fruit Choice
Assorted Low Fat Milk

14

Grilled Cheese
Or
Grilled Ham & Cheese
Tomato Soup
Fruit Choice
Assorted Low Fat Milk

15

Grilled Chicken Parm on
a Bun
Italian Green Beans
Fruit Choice
Assorted Low Fat Milk

18

Nachos & Cheese
W/Toppings: Beef,
Cheese, Black Beans or
Red Beans, Yellow Corn,
Lettuce & Tomato
Fruit Choice
Assorted Low Fat Milk

19

Vegetable Pasta
Premivera
Garlic Knot
Spinach Salad
Fruit Choice
Assorted Low Fat Milk

20

No School

21

Superintendents
Conference Day

22

Rib B Ques On A Bun
Baked Fries
BBQ Baked Beans
Fruit Choice
Assorted Low Fat Milk

25

Sweet Sausage
Or
Hot Sausage Hoggie
Peppers & Onions
Macaroni Salad
Fruit Choice
Assorted Low Fat Milk

26

Humbo Jumbo
(Ham & Cheese on a Roll)
Corn & Potato Chowder
Fruit Choice
Assorted Low Fat Milk

27

Cheese Pizza
Or
Specialty Pizzas
Garden Salad
Or
Carrot Pack
Fruit Choice
Assorted Low Fat Milk

28

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

29

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 Deluxe, 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/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.