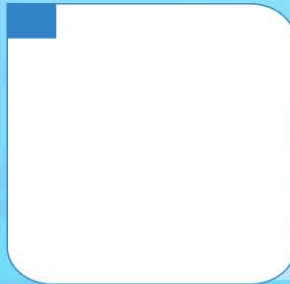
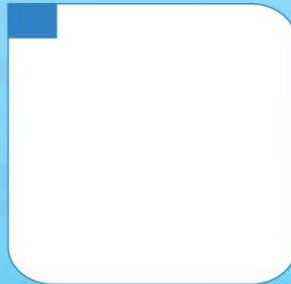
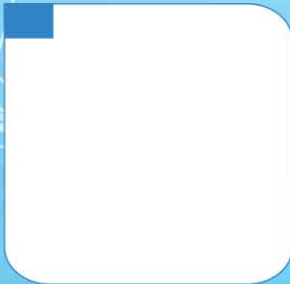


Nyack Middle School Lunch

March 2018



1

Meatball Sub

Cajun Chili Fries Bowl

Vegetarian Beans
Celery Sticks
Applesauce, Cantaloupe

2

General Tso Chicken & Broccoli over Brown Rice

Beef Nachos

Broccoli, Baby Carrots
Pineapple Tidbits
Sliced Apples

5

Beef Nachos

Grilled Ham & Cheese Sandwich

Golden Corn
Mashed Sweet Potatoes
Fruit Cocktail, Fresh Orange

6

Chicken Mashed Potato Bowl

Breaded Fish Melt

Cucumber Slices
Cauliflower
Diced Peaches, Fresh Apple

7

Cheesy Baked Penne

Chicken Quesadilla

Celery Sticks
Sweet Potato Fries
Diced Pears, Banana

8

Bite Chicken Nachos Tater

Bite Chicken Nachos

Philly Cheesesteak

Vegetarian Beans
Baby Carrots

9

Superintendent's Conference Day

No Classes for Students

More info...

Choice of 1% White Milk as well as Skim White Milk and Skim Chocolate Milk with each meal.

ALL Milk is Hormone and Antibiotic Free.

All Breads and Rolls offered are Whole Grain products.

12

Mozzarella Sticks w/ Marinara Sauce

Chicken Fajita

Golden Corn, Green Peas
Fruit Cocktail, Fresh Orange

13

Grilled Cheese and Bacon

Chicken Parmesan Sandwich

Red Peppers, Green Beans
Diced Peaches Fresh Apple

14

Orange Popcorn Chicken w/ Broccoli

Cheese Quesadilla

Sweet Potato Tots, Zucchini
Diced Pears, Banana

15

Chili Mac & Cheese

Chicken Tenders with Breadstick

Celery Sticks
Vegetarian Beans
Applesauce, Cantaloupe

16

Beef Nachos

BBQ Pork Riblet Sandwich

Broccoli
Sliced Cucumbers
Pineapple Tidbits
Sliced Apples

More info...

Made to order Deli Bar features Boar's Head Premium Meats.

Fresh Fruit and 100% Juice offered Daily

Student Lunch Price \$2.55

19

Breaded Fish Filet Sandwich

Chicken Nachos

Green Beans, Red Peppers
Fruit Cocktail, Fresh Orange

20

Spicy Popcorn Chicken

Philly Cheesesteak

Mashed Potatoes
Sliced Carrots
Diced Peaches Fresh Apple

21

Penne with Tomato Alfredo Chicken

Corn Dog

Celery Sticks, Zucchini
Diced Pears, Banana

22

Pizza Sticks with Marinara Sauce

Sloppy Joe Melt

Vegetarian Beans
Baby Carrots
Applesauce, Cantaloupe

23

Spicy Beef Tacos

Breaded California Ranch Chicken Sandwich

Broccoli, Sliced Cucumbers
Pineapple Tidbits
Sliced Apples

26

Spaghetti with Meatballs

Chicken Nachos

French Fries, Broccoli
Fruit Cocktail, Fresh Orange

27

Fish Sticks with Macaroni & Cheese

Chicken Bruschetta Melt

Golden Corn, Green Beans
Diced Peaches, Fresh Apple

28

BBQ Pork Riblet Sandwich

Chicken & Bean Burrito

Sweet Potato Fries, Zucchini
Diced Pears, Banana

29

Mozzarella Sticks w/ Marinara Sauce

Chicken Parmesan Panini

Vegetarian Beans
Celery Sticks
Applesauce, Cantaloupe

30

Spring Recess



This institution is an equal opportunity provider.