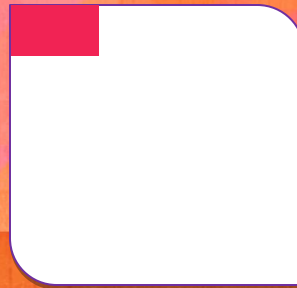
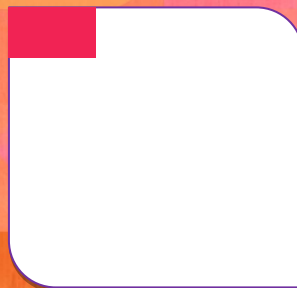
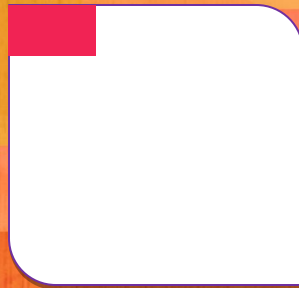




Nyack Middle School Lunch Menu November 2018



1

General Tso Popcorn
Chicken w/ Broccoli
Philly Cheesesteak

Vegetarian Beans
Baby Carrots
Applesauce, Cantaloupe

2

Chicken Ciabatta
Cordon Bleu

Fish Tacos

Broccoli, Sliced Cucumbers
Apricots, Sliced Apples

5

Corn Dog

Chicken Soft Tacos

Romaine Lettuce Salad
Tater Tots

Fresh Orange, Fruit Cocktail

6

Superintendent's Conference Day

No Classes for Students

7

Penne Alfredo w/ Chicken
Chicken Tenders w/ Dinner Roll

Glazed Carrots, Zucchini
Diced Peaches, Banana

8

Pizza Sticks w/ Marinara Sauce

Beef Nachos

Vegetarian Beans
Celery Sticks
Applesauce, Cantaloupe

9

Beef Lasagna w/ Breadstick

Chicken Cheesesteak

Broccoli, Baby Carrots
Apricots, Sliced Apples

12

No School Veterans Day



13

Chicken Parmesan with Spaghetti
Sloppy Joe Melt

Cauliflower, Cucumbers
Fresh Apple, Diced Pears

14

Chili Cheese Baked Potato

Meatball Sub

Glazed Carrots, Zucchini
Diced Peaches, Banana

15

Mozzarella Sticks w/ Marinara Sauce

Chili Cheese Dog

Vegetarian Beans
Celery Sticks
Applesauce, Cantaloupe

16

Chicken Fajita

BBQ Pork Rib Sandwich

Broccoli, Baby Carrots
Apricots, Sliced Apples

19

Fish Bites w/ Siracha Sauce

Beef Quesadillas

Golden Corn, Baby Carrots
Fresh Orange, Fruit Cocktail

20

Spicy Popcorn Chicken Bowl

Philly Cheesesteak

Green Beans
Red Pepper Strips

Fresh Apple, Diced Pears

21

½ Day of School

22



Happy Thanksgiving

23



Happy Thanksgiving

No School

26

Meatloaf w/ Rosemary Brown Gravy

Chicken Tenders w/ Roll

Golden Corn, Baby Carrots
Fresh Orange, Fruit Cocktail

27

Cheesy Baked Penne

Korean Beef Tacos

Green Beans
Red Pepper Strips

Fresh Apple, Diced Pears

28

Orange Popcorn Chicken w/ Broccoli over Rice

Cheese Quesadillas

Zucchini
Sweet Potato Tots
Diced Peaches, Banana

29

Mozzarella Sticks w/ Marinara Sauce

Chicken Ciabatta Bacon Cheddar Melt

Vegetarian Beans
Celery Sticks
Applesauce, Cantaloupe

30

Chicken Bruschetta

Beef Nachos

Sliced Cucumber
Creamy Cole Slaw
Apricots, Sliced Apples

...
Made to order Deli Bar features Boar's Head Premium Meats.
Fresh Fruit and 100% Juice offered Daily
Student Lunch Price \$2.55

More info...
Manage your student's account at:
www.mypaymentsplus.com
If you have a FOOD ALLERGY please speak with your Food Service Director or Lead Server.

