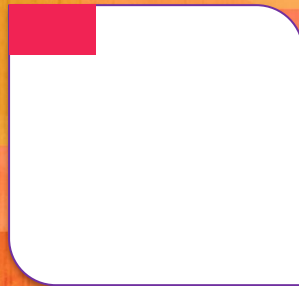




Nyack Middle School Lunch Menu January 2019



2
Orange Popcorn Chicken w/ Broccoli over Rice

Cheese Quesadillas

Zucchini
Sweet Potato Tots
Diced Peaches, Banana

3
Mozzarella Sticks w/ Marinara Sauce

Chicken Ciabatta Bacon Cheddar Melt

Vegetarian Beans
Celery Sticks
Applesauce, Cantaloupe

4
Chicken Bruschetta

Beef Nachos

Sliced Cucumber
Diced Carrots

Diced Peaches, Sliced Apples

7
Chicken Quesadilla

Ranch Chicken & Cheddar Panini

Zucchini, Grape Tomatoes

Fresh Orange, Fruit Cocktail

8
Macaroni & Cheese

Chicken Tenders w/ Roll

Mashed Potatoes
Sliced Carrots

Fresh Apple, Diced Pears

9
Country Chicken Nugget Bowl

Grilled Cheese & Bacon

Green Beans, Celery Sticks

Diced Peaches, Banana

10
General Tso Popcorn Chicken w/ Broccoli Philly Cheesesteak

Vegetarian Beans
Baby Carrots
Applesauce, Cantaloupe

11
Chicken Ciabatta Cordon Bleu

Fish Tacos

Broccoli, Sliced Cucumbers

Diced Pears, Sliced Apples

14
Corn Dog

Chicken Soft Tacos

Golden Corn, Tater Tots

Fresh Orange, Fruit Cocktail

15
Sweet & Sour Popcorn Chicken over Brown Rice

Fish Patty Melt

Green Beans
Red Pepper Strips
Fresh Apple, Diced Pears

16
Penne Alfredo w/ Chicken

Chicken Tenders w/ Dinner Roll

Sliced Carrots, Zucchini

Diced Peaches, Banana

17
Pizza Sticks w/ Marinara Sauce

Beef Nachos

Vegetarian Beans
Celery Sticks
Applesauce, Cantaloupe

18
Beef Lasagna w/ Breadstick


Chicken Cheesesteak

Broccoli, Baby Carrots

Diced Peaches
Sliced Apples

21
No School

Martin Luther King Jr. Day



22
Chicken Parmesan with Spaghetti Sloppy Joe Melt

Cauliflower, Cucumbers

Fresh Apple, Diced Pears

23
Chili Cheese Baked Potato

Meatball Sub

Sliced Carrots, Zucchini

Diced Peaches, Banana

24
Mozzarella Sticks w/ Marinara Sauce

Chili Cheese Dog

Vegetarian Beans
Celery Sticks
Applesauce, Clementine

25
Chicken Fajita

BBQ Pork Rib Sandwich

Broccoli, Baby Carrots

Diced Pears, Sliced Apples

28
Chicken Parmesan Ciabatta Sandwich

Beef Quesadillas

Golden Corn, Baby Carrots

Fresh Orange, Fruit Cocktail

29
Spicy Popcorn Chicken Bowl

Philly Cheesesteak

Green Beans
Red Pepper Strips

Fresh Apple, Diced Pears

30
Jumbo Cheese Ravioli's w/ Marinara Sauce

Chicken Tacos

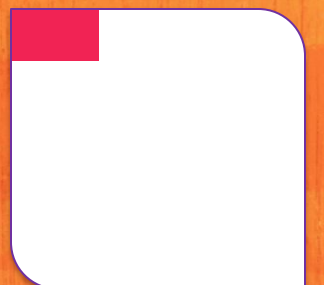
Grape Tomatoes
Celery Sticks

Diced Peaches, Banana

31
Beef Nachos

Chicken Tenders with Roll

Campfire Chipotle beans
Baby Carrots
Applesauce, Cantaloupe



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

Fresh Fruit and 100% Juice offered Daily

Student Lunch Price \$2.55

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If you have a FOOD ALLERGY please speak with your Food Service Director or Lead Server.

