

# Welcome Back



# September 2024 Hudson Falls Central School District Intermediate School Menu

| BREAKFAST           |                     |                     |                     |                     |  |
|---------------------|---------------------|---------------------|---------------------|---------------------|--|
| EVERY MONDAY        | EVERY TUESDAY       | EVERY WEDNESDAY     | EVERY THURSDAY      | EVERY FRIDAY        |  |
| Breakfast Sandwich  | French Toast Sticks | Muffin/Yogurt meal  | Pancake             | Scram Eggs w/Saug   |  |
| Yogurt Parfaits     | Yogurt Parfaits     | Donuts              | Yogurt Parfaits     | Yogurt Parfaits     |  |
| Cereal              | Cereal              | Cereal              | Cereal              | Cereal              |  |
| Bagels/Cream Cheese |  |
| Poptarts w/g        |  |
| Muffins             | Muffins             |                     | Muffins             | Muffins             |  |
|                     |                     |                     |                     |                     |  |
|                     |                     |                     |                     |                     |  |
|                     | н                   | LUNCH MENU          |                     | "                   |  |



| 5-Sep        | 6-Sep          |
|--------------|----------------|
| CHEESE PIZZA | CHICKEN BURGER |
| Garden Salad | French Fries   |
| Fruit Choice | Fruit Choice   |
| Pudding A    | Milk           |
| Milk Walk    |                |

| 9-Sep      | 10-Sep               | 11-Sep       | 12-Sep          | 13-Sep          |
|------------|----------------------|--------------|-----------------|-----------------|
| Nacho Bowl | POPCORN CHICKEN      | Hot Dogs     | PEPPERONI PIZZA | Chicken Nuggets |
| Rice Pilaf | Sweet & Sour Sauce   | French Fries |                 | Corn            |
| Broccoli   | Mshd Potatoes &Gravy | Fruit Choice | Fruit Choice    | Fruit Choice    |
| Jello      | Fruit Choice         | Milk         | Milk ( )        | Jello           |
| Milk       | Cookie Milk          |              |                 | Milk            |

| 16-Sep             | 1 <i>7-</i> Sep  | 18-Sep             | 19-Sep              | 20-Sep          |
|--------------------|------------------|--------------------|---------------------|-----------------|
| CHICKEN AND CHEESE | Pancakes/saug    | Rotini w/Meatsauce | BIANCA PIZZA STICKS | BBQ Chicken     |
| QUESADILLA         | Rice             | Garlic Bread       | Spag Sauce          | Mashed Potatoes |
| Potato Smiles      | Broccoli Florets | Green Beans        | Corn                | Garden Peas     |
| Baked Beans        | Jello            | Fruit Choice       | Fruit Choice        | Jello           |
| Fruit Choice Milk  | Milk             | Milk               | Milk                | Milk            |

| 23-Sep         | 24-Sep       | 25-Sep            | 26-Sep                | 27-Sep                    |
|----------------|--------------|-------------------|-----------------------|---------------------------|
| Mac and Cheese | Nacho Bowl   | Mozzerella Sticks | Buffalo Chicken Pizza | Pasta Meatballs / ww roll |
| Green Beans    | Rice         | Sauce             | Pasta Salad           | Tossed Salad              |
| Fruit Choice   | Broccoli     | Glazed Carrots    | Fruit Choice          | Peaches                   |
| Milk           | Fruit Choice | Fruit Choice      | Cookie                | Choc Pudding              |
|                | Pudding Milk | Milk              | Milk                  | Milk                      |

30-Sep
Bacon Cheese Burgers
Tots
Broccoli
Fruit Choice
Milk



wk1 wk2 wk3 wk4

## Souper Wednesdays

Broccoli Ched Soup Beef Barley Soup Chicken Noodle Soup



## Every Day Offerings:

### Lunch:

Deli Choice Burgers PB&J/Fluff Salad Bar

#### Ala Cart:

Wraps, Entrée Salads, Subs.

<sup>\*</sup>Menu Subject to Change\*

<sup>\*</sup>Reminder: All Students Receive Free Breakfast and Lunch\*