

Back to School



Welcome Back



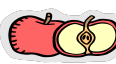

October 2024 Hudson Falls Central School District **Middle School Menu**



BREAKFAST



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich
Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits
Cereal	Cereal	Cereal	Cereal	Cereal
Bagels/Cream Cheese	Bagels/Cream Cheese	Bagels/Cream Cheese	Bagels/Cream Cheese	Bagels/Cream Cheese
Breakfast Bars	Breakfast Bars	Breakfast Bars	Breakfast Bars	Breakfast Bars
Poptarts w/g	Poptarts w/g	Poptarts w/g	Poptarts w/g	Poptarts w/g
Muffins	Muffins	Muffins	Muffins	Muffins
Breakfast Pizza	Donuts: Tues & Thurs	Breakfast Pizza	Donuts: Tues & Thurs	Breakfast Pizza


LUNCH MENU

1-Oct	2-Oct	3-Oct	4-Oct
Chicken Nuggets <i>Sweet & Sour Sauce</i> Mshd Potatoes &Gravy Garden Salad Fresh Apple Milk	Grilled Ham and Cheese Tomato soup Fresh Baby Carrots Applesauce  Milk	3 Cheese PIZZA Broccoli Florets Fresh Fruit Pasta Salad w/veggies Milk	Baked Ziti w/meatballs Tossed Salad Bread sticks Cantalope Milk

7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
BBQ Chicken Baked Beans Carrots Fresh Melon Milk	Chicken Burrito Baked Tots Broccoli Florets Fresh Orange Milk	Taco Bowl Garden Peas Spanish Rice Fruit Choice  Milk	Buffalo Chicken PIZZA Tossed Salad Fresh Banana Fresh Baby Carrots Milk	Turkey Provolone Pretzel Potato Nuggets Corn Mixed Grape Cups  Milk

14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Columbus Day	Chicken Alfredo w/ <i>Garlic toast</i> Broccoli  Fresh Apple Pudding Milk	Chicken Bowls Mashed, Stuffing Corn Fresh Fruit Milk	Pepperoni Pizza Pasta Salad Peaches Cookie  Milk	Philly Cheese Steak w/ Sautéed Pep/Onion Peas and Carrots Fresh Oranges Milk

21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Popcorn Chicken Mashed potato/ gravy Corn Fresh Apple Milk	Spag w/ Meatsauce W/G Garlic Bread Mixed garden veg  Fresh Fruit Milk	Bacon Cheese Burger Potato nuggets Broccoli Fresh Pears Milk	Meatball Pizza Fresh Carrots w/dip California Blend Fresh Orange Milk	Turkey Reuben w/g roll Sweet Potato Fries Apple Sauce Milk 

28-Oct	29-Oct	30-Oct	31-Oct	Every Day Offerings:
Buffalo Chix Mac&Cheese Fresh Carrots w/ Ranch Fresh Fruit WG Roll and Marg. Milk	Hot dog with meatsauce Tots Fresh Fruit Cup Peas Milk	Beef Quesadilla Rice Pilaf Steamed Veggies  Fresh Orange Milk	BBQ Chicken Pizzza Tossed Salad Fresh Fruit Holiday Dessert Milk	Lunch: Chicken Burger on w/g bun Deli Bar PB&J/Fluff Salads Cheese Sticks Fresh Prepared Fruit Ala Cart: Wraps, Entrée Salads, Subs.

Reminder: All Students Receive Free Breakfast and Lunch

Souper Wednesdays

- Tomato Soup
- Chicken Noodle Soup
- Minestrone Soup
- Beef Noodle Soup

