









JANUARY 2025 Hudson Falls Central School District **Intermediate School Menu**


| BREAKFAST | | | | |
|--|---|---|--|--|
| EVERY MONDAY | EVERY TUESDAY | EVERY WEDNESDAY | EVERY THURSDAY | EVERY FRIDAY |
| Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Breakfast Pizza Muffins | Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Muffins | Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Muffins | French Toast Sticks Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Muffins | Scram Eggs/Saug Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Muffins |

| LUNCH MENU | | |
|-------------------|----------------|----------------|
| 1-Jan | 2-Jan | 3-Jan |
| Holiday Recess | Holiday Recess | Holiday Recess |

| 6-Jan | 7-Jan | 8-Jan | 9-Jan | 10-Jan |
|---|--|---|---|---|
| Corn Dogs Tots Peas Fruit Choice Milk  | Mac and Cheese W/W Roll marg Carrots Fruit Choice Milk | Popcorn Chix Biscuits Mashed Potato Steamed Carrots Fruit Choice Milk | Cheese Pizza Antipasta Salad Fruit Choice Milk  | Cheeseburger Fries Butternut Squash Fruit Choice Milk |

| 13-Jan | 14-Jan | 15-Jan | 16-Jan | 17-Jan |
|---|--|---|--|---|
| Taco Bowl Red Beans and Rice Fruit Choice Corn Milk  | Pretzel Ham&Cheese Baked Chips Carrot Sticks ranch Fruit Choice Milk  | Grilled Cheese Green Beans Cookie Fruit Choice Milk | Meatlovers Pizza Tossed Salad Broccoli Fruit Choice Milk  | Pancakes Saug,Hash Brown California Blend Fruit Choice Milk |

| 20-Jan | 21-Jan | 22-Jan | 23-Jan | 24-Jan |
|---------|---|--|---|--|
| MLK Day | Chicken Patty W/W Roll Marg. Roasted Carrots Fruit Cup Milk | Spag and meatballs Garlic Bread Tossed Salad Fruit Choice Milk | Buffalo Chicken Pizza Pasta Salad Fruit Choice Brownie Milk | Hot Dog Baked Chips Cole Slaw Fruit Cup Milk  |

| 27-Jan | 28-Jan | 29-Jan | 30-Jan | 31-Jan |
|--|--|---------|---|---|
| Motz sticks sauce Garlic Bread Carrots Fruit Choice Milk | Chicken Tenders Fries Fresh Garden Salad Fruit Choice Milk  | Holiday | Taco Pizza Cole Slaw Fruit Choice Cookie Milk | Hamburger on a bun Fries Corn Fruit Choice Milk |

Reminder: All Students Receive Free Breakfast and Lunch

Menu Subject to Change

Souper Wednesdays

Chicken Rice
Tomato
Beef Vegetable



Every Day Offerings:

Lunch:

Hot Dogs
PB&J
Tuna
Ala Cart: Wraps, Entrée
Salads, Subs.or Wrap