

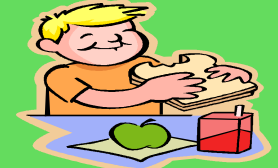
MARCH 2019



HUDSON FALLS CENTRAL SCHOOL



National School Breakfast Week is  
March 4-8 2019



Feel Good - Perform your Best!  
Feed your Body AND Brain!

A healthful breakfast helps  
kids concentrate, solve  
problems, be creative and  
learn. Whole grains & protein  
foods (eggs, yogurt, lean  
sausage) are the best bets.  
Don't forget milk & juice!

4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
NACHO BOWL Salsa Rice	POPCORN CHICKEN Sweet & Sour Sauce 9-12: Roll & Margarine	CHEESEBURGER ON WG BUN Ketchup	CHEESE PIZZA	TOASTED HAM'N CHEESE or CHEESE SANDWICH
6-12: BEEF & CHEESE HOAGIE	6-12: CORN DOG	6-12: CHICKEN POT PIE W/BISCUIT	6-12: BBQ RIB BURGER on BUN	6-12: FISH FILLET on BUN
1-12: Hot Wing Salad w/ Roll	1-12: Hot Wing Salad w/ Roll	1-12: Hot Wing Salad w/ Roll	1-12: Hot Wing Salad w/ Roll	1-12: Hot Wing Salad w/Roll
K-12: Tuna Boats	K-12: Tuna Boats	K-12: Tuna Boats	K-12: Tuna Boats	K-5: Bagged Lunch
K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs
Refried Beans Green Beans Fruit Choice Milk	Mashed Potatoes & Gravy Peas Fruit Choice Milk	Sweet Potato Fries Glazed Carrots Fruit Choice Milk	Corn Side Garden Salad Fruit Choice Milk	Tomato Soup Broccoli Fruit Choice Milk
Fruit, Juice & Milk Breakfast Pizza OR Cereal & PBJ Toast	Fruit, Juice & Milk Egg & Cheese on English Muffin OR Cereal & PBJ Toast	Fruit, Juice & Milk Yogurt & WG Muffin OR Cereal & PBJ Toast	Fruit, Juice & Milk French Toast Sticks & Syrup OR Cereal & PBJ Toast	Fruit, Juice & Milk Straw/Cream Cheese Bagels OR Cereal & PBJ Toast



Guiding Principles: COURAGE



11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
CHICKEN NUGGETS w/ BBQ sauce Dip Roll & Margarine	PASTA & MEATBALLS	HOT DOG ON WG BUN opt'l Meat Sauce	CHEESE PIZZA	CHICKEN BURGER on WG BUN
6-12: Chicken Quesadilla	6-12: Pretzel Melt	6-12: Cheeseburger on WG Bun	6-12: Meatball Sub	6-12: FISH FILLET on BUN
1-12: Southwest Salad w Tort Chips	1-12: Southwest Salad w Tort Chips	1-12: Southwest Salad w Tort Chips	1-12: Southwest Salad w Tort Chips	1-12: Southwest Salad w Tort Chips
K-12: DELI SANDWICH	K-12: DELI SANDWICH	K-12: DELI SANDWICH	K-12: DELI SANDWICH	K-5: Bagged Lunch
K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs	K-12: PBJ SNDWCH & Strng Chs
Tender Peas Corn Fruit Choice Milk	Dark Green Broccoli Fruit Choice Milk	Cauliflower Glazed Carrots Fruit Choice Milk	Fresh Vegetables Dark Green Broccoli Fruit Choice Milk	Green Beans Bush's Best Baked Beans Fruit Choice Milk
Fruit, Juice & Milk Breakfast Pizza OR Cereal & PBJ Toast	Fruit, Juice & Milk Bagel & Cream Cheese OR Cereal & PBJ Toast	Fruit, Juice & Milk Yogurt & WG Muffin OR Cereal & PBJ Toast	Fruit, Juice & Milk Pancakes & Sausage OR Cereal & PBJ Toast	Fruit, Juice & Milk Shamrock Donut Ring OR Cereal & PBJ Toast



Don't forget to set your clocks forward  
one hour on Sunday March 10!