

Back to School



Welcome Back



## October 2020 Hudson Falls Central School District High School Menu

### BREAKFAST

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
French toast sticks Fruit cup Milk Syrup	Juice Cereal Milk	Breakfast Pizza Milk Whole Fresh Apple	Muffin Fruit Cup Milk	Cereal Milk Banana
Available upon request: Cereal, Breakfast bar, Fruit, Yogurt				

### LUNCH MENU



1-Oct	2-Oct
Pepperoni Pizza Tossed Salad Fruit Choice Jello Milk	BBQ Pork Rib Sand Cauliflower Fruit cup Cookie Milk

5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
Chicken Tenders Curly Fries Fresh Garden Salad Fruit Choice Milk	Cheese Pizza/ Sticks/sauce Broccoli Florets Fruit Choice Milk	Grilled Cheese Tomato soup Fruit Choice Green Beans Milk	Cheese Pizza/ Sticks/sauce Broccoli Florets Fruit Choice Milk	Ham Sandwich Veg Sticks with ranch Fruit Choice Milk
12-Oct	15-Oct	14-Oct	15-Oct	16-Oct
Columbus Day Bananas	Pepperoni Pizza Peas and Carrots Fruit Choice Milk	Mac and Cheese Tossed Salad Fruit Choice Milk	Pizza Sticks w/sauce Peas and Carrots Fruit Choice Milk	Chef Salad Baked Chips Fruit Choice Milk
19-Oct	22-Oct	21-Oct	22-Oct	23-Oct
Chicken Burger on w/g bun Smile Fries Carrots Fruit Choice Milk	PIZZA Slice Pasta Salad Fruit Choice Cookie Milk	Hot Dog on w/g roll Garden Peas Tots Fruit Choice Milk	PIZZA Slice Pasta Salad Fruit Choice Cookie Milk	Philly Cheese Steak Peas and Carrots Fruit Choice Milk
26-Oct	29-Oct	28-Oct	29-Oct	30-Oct
Popcorn Chicken Mashed potato/ gravy Corn Fruit Choice Milk	BBQ Chicken Pizza Corn and Peas Fruit Choice Milk Holiday Dessert	Hamburger on w/g roll Potato nuggets Broccoli Fruit Choice Milk	BBQ Chicken Pizza Corn and Peas Fruit Choice Milk Holiday Dessert	Hot Dog on a w/g bun Broccoli Fruit Choice Sweet Pot Fries Milk

\*\*\* Available Daily as an alternate\*\*\*

Chef Salad, Turkey Sandwich, Ham Sandwich, Baked Chips, Veggies, Fresh Fruit,

**\*Menu Subject to Change\***

**\*Reminder: All Students Receive Free Breakfast and Lunch\***

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




Welcome Back



## October 2020 Hudson Falls Central School District **Middle School Menu**

BREAKFAST				
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Donuts Fruit cup Milk Breakfast Sandwich	Breakfast Pizza Fruit Choice Milk Bagles Cream Cheese	Donuts Fruit Cup Milk French Sticks	Breakfast Pizza Fruit Choice Milk Bagles Cream Cheese	Cereal Fruit Choice Milk
Available upon request: Cereal, Breakfast bar, Fruit, Yogurt, Muffin				
LUNCH MENU				



				1-Oct	2-Oct
				Pepperoni Pizza Tossed Salad Fruit Choice Jello Milk	Turkey Sandwich Baked Chips Fruit cup Cookie Milk
					
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	
Chicken Tenders Curly Fries Fresh Garden Salad Fruit Choice Milk	Cheese Pizza/ Sticks/sauce Broccoli Florets Fruit Choice Milk	Grilled Cheese Tomato soup Fruit Choice Green Beans Milk	Cheese Pizza/ Sticks/sauce Broccoli Florets Fruit Choice Milk	Ham Sandwich Veg Sticks with ranch Fruit Choice Milk	
					
12-Oct	15-Oct	14-Oct	15-Oct	16-Oct	
Columbus Day 	Pepperoni Pizza Peas and Carrots Fruit Choice Milk	Mac and Cheese Tossed Salad Fruit Choice Milk	Pizza Sticks w/sauce Peas and Carrots Fruit Choice Milk	Chef Salad Baked Chips Fruit Choice Milk	
					
19-Oct	22-Oct	21-Oct	22-Oct	23-Oct	
Chicken Burger on w/g bun Smile Fries Carrots Fruit Choice Milk	PIZZA Slice Pasta Salad Fruit Choice Cookie Milk	Hot Dog on w/g roll Garden Peas Tots Fruit Choice Milk	PIZZA Slice Pasta Salad Fruit Choice Cookie Milk	Philly Cheese Steak Peas and Carrots Fruit Choice Milk	
					
26-Oct	29-Oct	28-Oct	29-Oct	30-Oct	
Popcorn Chicken Mashed potato/ gravy Corn Fruit Choice Milk	BBQ Chicken Pizza Corn and Peas Fruit Choice Milk Holiday Dessert	Hamburger on w/g roll Potato nuggets Broccoli Fruit Choice Milk	BBQ Chicken Pizza Corn and Peas Fruit Choice Milk Holiday Dessert	Hot Dog on a w/g bun Broccoli Fruit Choice Sweet Pot Fries Milk	

\*\*\* Available Daily as an alternate\*\*\*

Chef Salad, Turkey Sandwich, Ham Sandwich, Baked Chips, Veggies, Fresh Fruit,

**\*Menu Subject to Change\***

**\*Reminder: All Students Receive Free Breakfast and Lunch\***

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## October 2020 Hudson Falls Central School District **Intermediate School Menu**

BREAKFAST				
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
French toast sticks Fruit cup Milk Syrup	Juice Cereal Milk	Breakfast Pizza Milk Fruit Cup	Muffin Milk Whole Fresh Apple	Cereal Milk Banana
Available upon request: Cereal, Breakfast bar, Fruit, Yogurt				
LUNCH MENU				



1-Oct		2-Oct	
Pepperoni Pizza Tossed Salad Fruit Choice Jello Milk		Turkey Sandwich Baked Chips Fruit cup Cookie Milk	
5-Oct		6-Oct	
Chicken Tenders Curly Fries Fresh Garden Salad Fruit Choice Milk		Chicken Patty on w/g bun Carrots Mshd Potatoes & Gravy Fruit Choice Cookie Milk	
7-Oct		8-Oct	
Grilled Cheese Tomato soup Fruit Choice Green Beans Milk		Cheese Pizza/ Sticks/sauce Broccoli Florets Fruit Choice Milk	
9-Oct		10-Oct	
Ham Sandwich Veg Sticks with ranch Fruit Choice Milk		Columbus Day Bananas	
11-Oct		12-Oct	
Taco Bowl Rice Carrots Fruit Choice Milk		Mac and Cheese Tossed Salad Fruit Choice Milk	
13-Oct		14-Oct	
Pizza Sticks w/sauce Peas and Carrots Fruit Choice Milk		Chef Salad Baked Chips Fruit Choice Milk	
15-Oct		16-Oct	
Chicken Burger on w/g bun Smile Fries Carrots Fruit Choice Milk		Pasta Meat Sauce Garlic toast Broccoli Fruit Choice Pudding Milk	
17-Oct		18-Oct	
Hot Dog on w/g roll Garden Peas Tots Fruit Choice Milk		PIZZA Slice Pasta Salad Fruit Choice Cookie Milk	
19-Oct		20-Oct	
BBQ Chicken Pizza Corn and Peas Fruit Choice Milk Holiday Dessert		Philly Cheese Steak Peas and Carrots Fruit Choice Milk	
21-Oct		22-Oct	
Hamburger on w/g roll Potato nuggets Broccoli Fruit Choice Milk		Popcorn Chicken Mashed potato/ gravy Corn Fruit Choice Milk	
23-Oct		24-Oct	
Corn Dogs Mixed garden veg Fruit Choice Milk		Hot Dog on a w/g bun Broccoli Fruit Choice Sweet Pot Fries Milk	
25-Oct		26-Oct	
Hudson Falls Central School District		Hudson Falls Central School District	

\*\*\* Available Daily as an alternate\*\*\*

Chef Salad, Turkey Sandwich, Ham Sandwich, Baked Chips, Veggies, Fresh Fruit,

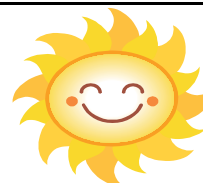
**\*Menu Subject to Change\***

**\*Reminder: All Students Receive Free Breakfast and Lunch\***

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Welcome Back



## October 2020 Hudson Falls Central School District **Primary School Menu**

### BREAKFAST

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
French toast sticks Fruit cup Milk Syrup	Juice Cereal Milk	Breakfast Pizza Milk Fruit Cup	Muffin Milk Whole Fresh Apple	Cereal Milk Banana
Available upon request: Cereal, Breakfast bar, Fruit, Yogurt				

### LUNCH MENU



				1-Oct	2-Oct
				Pepperoni Pizza Tossed Salad Fruit Choice Jello Milk	Turkey Sandwich Baked Chips Fruit cup Cookie Milk
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	
Chicken Tenders Curly Fries Fresh Garden Salad Fruit Choice Milk	Chicken Patty on w/g bun Carrots Mshd Potatoes & Gravy Fruit Choice Cookie Milk	Grilled Cheese Tomato soup Fruit Choice Green Beans Milk	Cheese Pizza/ Sticks/sauce Broccoli Florets Fruit Choice Milk	Ham Sandwich Veg Sticks with ranch Fruit Choice Milk	
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	
Columbus Day	Taco Bowl Rice Carrots Fruit Choice Milk	Mac and Cheese Tossed Salad Fruit Choice Milk	Pizza Sticks w/sauce Peas and Carrots Fruit Choice Milk	Chef Salad Baked Chips Fruit Choice Milk	
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	
Chicken Burger on w/g bun Smile Fries Carrots Fruit Choice Milk	Pasta Meat Sauce Garlic toast Broccoli Fruit Choice Pudding Milk	Hot Dog on w/g roll Garden Peas Tots Fruit Choice Milk	PIZZA Slice Pasta Salad Fruit Choice Cookie Milk	Philly Cheese Steak Peas and Carrots Fruit Choice Milk	
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	
Popcorn Chicken Mashed potato/ gravy Corn Fruit Choice Milk	Corn Dogs Mixed garden veg Fruit Choice Milk	Hamburger on w/g roll Potato nuggets Broccoli Fruit Choice Milk	BBQ Chicken Pizza Corn and Peas Fruit Choice Milk Holiday Dessert	Hot Dog on a w/g bun Broccoli Fruit Choice Sweet Pot Fries Milk	

\*\*\* Available Daily as an alternate\*\*\*

Chef Salad, Turkey Sandwich, Ham Sandwich, Baked Chips, Veggies, Fresh Fruit,

**\*Menu Subject to Change\***

**\*Reminder: All Students Receive Free Breakfast and Lunch\***

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## October 2020 Hudson Falls Central School District Kindergarten School Menu

BREAKFAST				
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
French toast sticks Fruit cup Milk Syrup	Juice Cereal Milk	Breakfast Pizza Milk Fruit Cup	Muffin Milk Whole Fresh Apple	Cereal Milk Banana
Available upon request: Cereal, Breakfast bar, Fruit, Yogurt				
LUNCH MENU				



				1-Oct	2-Oct
				Pepperoni Pizza Tossed Salad Fruit Choice Jello Milk	Turkey Sandwich Baked Chips Fruit cup Cookie Milk
					
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	
Chicken Tenders Curly Fries Veggie sticks Fruit Choice Milk	Chicken Patty on w/g bun Carrots Mshd Potatoes & Gravy Fruit Choice Cookie Milk	Grilled Cheese Tomato soup Fruit Choice Green Bec Milk	Cheese Pizza/ Sticks/sauce Broccoli Florets Fruit Choice Milk	Ham Sandwich Veg Sticks with ranch Fruit Choice Milk	
					
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	
Columbus Day 	Taco Bowl Rice Carrots Fruit Choice Milk	Mac and Cheese Tossed Salad Fruit Choice Milk	Pizza Sticks w/sauce Peas and Carrots Fruit Choice Milk	Chef Salad Baked Chips Fruit Choice Milk	
					
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	
Chicken Burger on w/g bun Smile Fries Carrots Fruit Choice Milk	Pasta Meat Sauce Garlic toast Broccoli Fruit Choice Pudding Milk	Hot Dog on w/g roll Garden Peas Tots Fruit Choice Milk	PIZZA Slice Pasta Salad Fruit Choice Cookie Milk	Ham and Cheese Sand Baked Chips Fruit Choice Milk	
					
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	
Popcorn Chicken Mashed potato/ gravy Corn Fruit Choice Milk	Corn Dogs Mixed garden veg Fruit Choice Milk	Hamburger on w/g roll Potato nuggets Broccoli Fruit Choice Milk	BBQ Chicken Pizza Corn and Peas Fruit Choice Milk Holiday Dessert	Hot Dog on a w/g bun Broccoli Fruit Choice Sweet Pot Fries Milk	
					

\*\*\* Available Daily as an alternate\*\*\*

Chef Salad, Turkey Sandwich, Ham Sandwich, Baked Chips, Veggies, Fresh Fruit,

**\*Menu Subject to Change\***

**\*Reminder: All Students Receive Free Breakfast and Lunch\***