

Back to School



Welcome Back



## September 2021 Hudson Falls Central School District High 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             |
|                     | Donuts: Tues & Thurs |                     | Donuts: Tues & Thurs |                     |

### LUNCH MENU



| 7-Sep                   | 8-Sep        | 9-Sep   | 10-Sep   |
|-------------------------|--------------|---|--|
| Marinated Roast Chicken | MEATBALL SUB | CHEESE PIZZA  | CHICKEN BURGER   |
| Mashed potato/ gravy    | Garden Peas  | Corn  | French Fries  |
| Corn                    | Fruit Choice | Fruit Choice  | Fruit Choice  |
| Fruit Choice            | Milk         | Jello   | Milk   |
| Milk                    |              | Milk  |  |

| 13-Sep              | 14-Sep                        | 15-Sep   | 16-Sep   | 17-Sep              |
|---------------------|-------------------------------|--|--|---------------------|
| TACOS w/ched cheese | POPCORN CHICKEN               | CHICKEN CAESAR WRAP  | PEPPERONI PIZZA  | SPAG WITH MEATBALLS |
| Rice Pilaf          | <i>Sweet &amp; Sour Sauce</i> | French Fries   | Broccoli Florets   | Corn                |
| Fresh Garden Salad  | Mshd Potatoes & Gravy         | Fruit Choice  | Fruit Choice  | Fruit Choice Milk   |
| Fruit Choice        | Fruit Choice                  | Milk   | Milk   | Jello               |
| Milk                | Cookie Milk                   |  |  |                     |

| 20-Sep  | 21-Sep   | 22-Sep                                     | 23-Sep            | 24-Sep   |
|---|--|--|-------------------|--|
| CHICKEN AND CHEESE QUESADILLA  | PULLED PORK/wg ROLL  | STUFFED SHELLS (Cheese) w/ SPAGHETTI SAUCE | BIANCA PIZZA      | ITALIAN MIX SUB/wg ROLL  |
| Potato Smiles   | Rice   | Garlic Bread                               | Spag Sauce        | Glazed Carrots   |
| Baked Beans   | Broccoli Florets   | Green Beans                                | Corn              | Fruit Choice  |
| Fruit Choice Milk   | Fruit Choice  | Fruit Choice Milk                          | Fruit Choice Milk | Milk   |
|   | Milk   |  |                   |  |

| 27-Sep  | 28-Sep             | 29-Sep          | 30-Sep   |
|---|--------------------|-----------------|--|
| CHICKEN ALFREDO w/PASTA   | SWT & SOUR CHICKEN | CHICKEN BURRITO | VEGGIE PIZZA   |
| Green Beans  | Rice               | Garden Peas     | Pasta Salad  |
| Fruit Choice  | Broccoli           | Fruit Choice    | Fruit Choice  |
| Milk  | Fruit Choice       | Milk            | Cookie   |
|   | Pudding Milk       |                 | Milk   |



**Souper Wednesdays**  
 wk1 Chicken Noodle Soup  
 wk2 Broccoli Ched Soup  
 wk3 Beef Barley Soup  
 wk4 Beef Noodle Soup



**Every Day Offerings:**

**Lunch:**  
 Pizza  
 Burgers  
 PB&J  
 Salad Bar

\*Menu Subject to Change\*

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

Ala Cart: Wraps, Entrée Salads, Subs.