

Back to School



Welcome Back



September 2021 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
	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	Sweet & Sour Sauce	French Fries	Broccoli Florets	Corn
Fresh Garden Salad	Mshd Potatoes & Gravy	Fruit Choice	Fruit Choice	Fruit Choice
Fruit Choice	Fruit Choice	Milk 	Milk 	Milk
Milk	Cookie Milk		Jello	Jello

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



wk1  
wk2  
wk3  
wk4

**Supper Wednesdays**

- Chicken Noodle Soup
- Broccoli Ched Soup
- Beef Barley Soup
- Beef Noodle Soup



**Every Day Offerings:**

- Lunch:**
- Pizza
  - Burgers
  - PB&J
  - Premade salads
  - Deli sandwich w/ chip & Cheese stick
  - Ala Cart: Wraps, Entrée
  - Salads, Subs.

\*Menu Subject to Change\*

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