

October 2021 Hudson Falls Central School District High School Menu



BREAKFAST

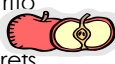

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich
Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits
Cereal	Cereal	Cereal	Cereal	Cereal
Bagels/Cream Cheese	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
Breakfast Pizza	Donuts: Tues & Thurs	Breakfast Pizza	Donuts: Tues & Thurs	Breakfast Pizza




LUNCH MENU





1-Oct
Brunch: French Toast, saug, & hash browns
Fruit cup
Carrots
Milk

4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
TACO Beef Quesadilla	Chicken Nuggets	Grilled Ham and Cheese	Veggie Delight PIZZA	Superintendent's Day
Rice Pilaf	Sweet & Sour Sauce	Tomato soup	Broccoli Florets	
Fresh Garden Salad	Mshd Potatoes & Gravy	Fruit Choice	Fruit Choice 	
Fruit Choice	Fruit Choice	Milk 	Milk	
Milk	Cookie Milk			

11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Columbus Day	Chicken Burrito	Hot Italian Mixed Sub	Buffalo Chicken PIZZA	Turkey Provolone Pretzel
	Rice 	Green Beans	Tossed Salad	Potato Nuggets
	Broccoli Florets	Fruit Choice	Fruit Choice	Corn 
	Fruit Choice	Milk	Milk	Fruit Choice
	Milk			Milk

18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
BBQ Chicken	Chicken Alfredo w/	Taco Bowl	Bianca PIZZA	Philly Cheese Steak w/
Baked Beans 	Garlic toast	Garden Peas	Pasta Salad	Sautéed Pep/Onion
Carrots	Broccoli	Spanish Rice	Fruit Choice	Peas and Carrots
Fruit Choice	Fruit Choice	Fruit Choice 	Cookie 	Fruit Choice
Milk	Pudding Milk	Milk	Milk	Milk

25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Popcorn Chicken	Spag w/ Meatsauce	Turkey Reuben w/g roll	Stromboli w/ Marinara	Bacon Cheese Burger
Mashed potato/ gravy	W/G Garlic Bread	Potato nuggets	Cole Slaw	Baked Fries
Corn	Mixed garden veg	Broccoli	Corn and Peas	Fruit Choice
Fruit Choice	Fruit Choice	Fruit Choice 	Fruit Choice, Holiday Dessert	Milk 
Milk	Milk	Milk	Milk	



Souper Wednesdays
 wk1 Chicken Noodle Soup
 wk2 Tomato Soup
 wk3 Minestrone Soup
 wk4 Beef Noodle Soup



Every Day Offerings:
Lunch:
 Chicken Burger on w/g bun
 Deli Bar
 PB&J/Fluff
 Salads
 Cheese Sticks
 Fresh Prepared Fruit
 Ala Cart: Wraps, Entrée
 Salads, Subs.

Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch