














# October 2021 Hudson Falls Central School District **Intermediate School Menu**

BREAKFAST				
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Breakfast Pizza Yogurt Parfaits Cereal Muffins Poptarts w/g Fruit	Breakfast Sandwich Poptarts w/g WG-Toast PB/Jelly Gram Crackers Juice	Yogurt Cereal WG-Toast PB/Jelly Gram Crackers Pumpkin Muffins Fruit	FT Sticks & Sausage Cereal Juice WG-Toast PB/Jelly Gram Crackers	Cinni Mini Cereal Graham Cracker Fresh Fruit

## LUNCH MENU



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

4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
Nacho Bowl/Re-fried bean Rice Pilaf Fresh Garden Salad Fruit Choice Milk	Chicken Nuggets <i>Sweet &amp; Sour Sauce/Corn</i> Mshd Potatoes & Gravy Fruit Choice Cookie Milk	Grilled Ham and Cheese Tomato soup  Fruit Choice Milk	Veggie Delight PIZZA Broccoli Florets  Fruit Choice Milk	Superintendent's Day
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Columbus Day	Pretzel Yogurt Motz. Cheese  Fruit Choice Milk Cookie	Chicken Patty on w/g roll Green Beans Fruit Choice Milk	Buffalo Chicken PIZZA Tossed Salad  Fruit Choice Milk	Pasta, Meatballs, w/g garlic Bread Corn  Fruit Choice Milk
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
BBQ Chicken  Baked Beans Carrots Fruit Choice Milk	Mozzarella Sticks Broccoli Fruit Choice Pudding Milk	Taco Bowl/Re-fried Bean Garden Peas  Spanish Rice Fruit Choice Milk	Bianca PIZZA Pasta Salad Fruit Choice Cookie Milk	Cheeseburgers w/g roll Peas and Carrots Fruit Choice  Milk
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Popcorn Chicken  Mashed potato/ gravy Corn Fruit Choice Milk	Spag w/ Meatsauce W/G Garlic Bread Mixed garden veg  Fruit Choice Milk	Chicken Patty on w/g bun  Mashed Potatoes/gravy Broccoli Fruit Choice Milk	Cheese Pizza Cole Slaw Corn and Peas Fruit Choice Milk /Hol Dessert	Mac & Cheese w/g roll Glazed Carrots Fruit Choice 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\***