








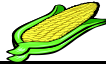


October 2021 Hudson Falls Central School District **Middle School Menu**

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
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 Rice Pilaf Fresh Garden Salad Fruit Choice Milk	Chicken Nuggets <i>Sweet & Sour Sauce</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	Chicken Burrito Broccoli Florets Fruit Choice  Milk	Hot Italian Mixed Sub Green Beans Fruit Choice Milk Pudding	Buffalo Chicken PIZZA Tossed Salad Fruit Choice Milk	Turkey Provolone Pretzel Potato Nuggets Corn  Fruit Choice Milk
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
BBQ Chicken Baked Beans  Carrots Fruit Choice Milk	Chicken Alfredo w/ <i>Garlic toast</i> Broccoli Fruit Choice Milk	Taco Bowl Garden Peas Spanish Rice Fruit Choice  Milk	Bianca PIZZA Pasta Salad Fruit Choice Cookie  Milk	Philly Cheese Steak w/ Sautéed Pep/Onion 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	Pretzel Melt Potato nuggets Broccoli Fruit Choice  Milk	Stromboli w/ Marinara Cole Slaw Corn and Peas Fruit Choice, Holiday Dessert Milk	Bacon Cheese Burger Baked Fries 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 Sandwich
 PB&J
 Salad Bar
 Cheese Sticks
 Fresh Prepared Fruit
 Pizza

Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch