



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



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





## LUNCH MENU





1-Oct	Chicken Nuggets Cauliflower Fruit cup  Cookie Milk
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4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
Mozzerella Sticks w/sauce Bread w/g and butter Fresh Garden Salad Fruit Choice Milk	Chicken Patty on w/g bun Carrots Mshd Potatoes & Gravy Fruit Choice Cookie Milk	Grilled Cheese Tomato soup Fruit Choice Green Beans Milk	Cheese Pizza Sticks/sauce Broccoli Florets Fruit Choice  Milk	Superintendent's Day

11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Columbus Day	Taco Bowl Rice Carrots Fruit Choice Milk	Mac and Cheese Tossed Salad Fruit Choice Milk 	Pizza Sticks w/sauce Peas and Carrots Fruit Choice Milk	Chicken Nuggets Potato tots Corn  Fruit Choice Milk

18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Pancakes/Saug Homefries Carrots sticks and dip Fruit Choice  Milk	Pasta Meat Sauce Garlic toast Broccoli Fruit Choice Pudding Milk	Hot Dog on w/g roll Garden Peas Tots Fruit Choice  Milk	PIZZA Slice Pasta Salad Fruit Choice Cookie  Milk	Cheese burgers on w/g Peas and Carrots Fruit Choice Baked Totts  Milk

25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Popcorn Chicken Mashed potato/ gravy Corn Fruit Choice Milk	Corn Dogs Mixed garden veg Fruit Choice  Milk	Grilled Ham and cheese Potato nuggets Broccoli Fruit Choice Milk	Spider Pizza Corn and Peas Fruit Choice Milk Holiday Dessert	Chicken Wrap w/L.T. Baked Chips 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\***