







JANUARY 2023 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 |
| Breakfast Pizza | Breakfast Pizza | Breakfast Pizza | Breakfast Pizza | Breakfast Pizza |
| Muffins | Muffins | Muffins | Muffins | Muffins |
| Breakfast Pizza | Donuts: Tues & Thurs | Breakfast Pizza | Donuts: Tues & Thurs | Breakfast Pizza |

LUNCH MENU

| 2-Jan | 3-Jan | 4-Jan | 5-Jan | 6-Jan |
|---------|--|--|---|---|
| Holiday | Philly Cheese Steak w/p&o Mashed/Gravy Fruit Choice Green Beans Milk | Pulled Pork on w/g roll Cole Slaw Fruit Choice Milk | Pepperoni Pizza Broccoli Florets Fruit Choice Milk | Mac and Cheese w/g roll Corn  Fruit Choice  Milk |


| 9-Jan | 10-Jan | 11-Jan | 12-Jan | 13-Jan |
|--|---|--|---|--|
| Grilled Ham and Cheese Tots Glazed Carrots Fruit Choice Milk | General Tso's Chicken W/G rice Broccoli Florets Fruit Choice  Milk | Italian Mix Sub Minestrone Soup Peas Fruit Choice Milk | Meat lovers PIZZA Tossed Salad Fruit Choice Milk | Popcorn Chicken Fries  Corn Fruit Choice Milk |

| 16-Jan | 17-Jan | 18-Jan | 19-Jan | 20-Jan |
|---------|--|---|--|--|
| MLK Day | French Toast Sticks Sausage Cheddar Hash browns Fruit Cup Milk | Sloppy Joe on w/g bun Tots Corn  Cantaloupe Milk | 3 Cheese Pizza Carrot Sticks Fruit Choice Brownie Milk | Double Dog Day w/ Meat Sauce Sweet Potato Fries Fruit Cup Milk |

| 23-Jan | 24-Jan | 25-Jan | 26-Jan | 27-Jan |
|---|----------------------|----------------------|----------------------|----------------------|
| Taco Bowl Red Beans and Rice Fruit Choice  Cookie Milk | REGENTS TESTING WEEK | REGENTS TESTING WEEK | REGENTS TESTING WEEK | REGENTS TESTING WEEK |

| 30-Jan | 30-Jan |
|---|--|
| Pretzel Roll Cheeseburger Fries Broccoli Sautee Fruit Choice Milk | Chicken Nuggets Tots Pasta Salad Fruit Choice  Milk |

Souper Wednesdays

Holiday Break
Beef Vegetable 
Minestrone
Regents



Every Day Offerings:

Lunch:

Pizza
Burgers
PB&J
Salad Bar
Ala Cart: Wraps, Entrée
Salads, Subs.

Menu Subject to Change