












## JANUARY 2023 Hudson Falls Central School District **Intermediate School Menu**

### BREAKFAST

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Breakfast Pizza Muffins	Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Muffins	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Muffins	French Toast Sticks Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts Muffins	Scram Eggs/Saug Yogurt Parfaits Cereal Bagels/Cream Cheese Potptarts Muffins

### LUNCH MENU

2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
Holiday	Bacon Cheese Burger w/g Tots Baked Beans Fruit Choice Milk	Mac and Cheese Steamed sweet Peas W/G Roll Fruit Choice Milk	Pepperoni PIZZA Broccoli Florets Fruit Choice Milk 	Nacho Bowl Rice, Corn Refried Beans Fruit Choice Milk
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Hot Dogs Tots Broccoli. & cheese sauce Fruit Choice Milk	Pancakes, Saug Hashbrowns Fruit Choice  Milk	Spag w/meatballs Garlic bread Green beans Fruit Choice Milk	Meat Lovers PIZZA Tossed Salad Fruit Choice Milk 	Chicken Patty on w/g bun Potato Puffs Glazed Carrots  Fruit Choice Milk
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
MLK Day	Popcorn Chicken Potatoes w/gravy Red Pepper Strips/dip Fruit Choice Milk	Mozzarella sticks sauce Glazed Carrots Peas Fruit Choice Milk	Cheese Pizza Carrot sticks/ranch Fruit Choice Milk	Grilled Cheese Tomato Soup Green Beans Fruit Choice Milk
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Chicken Nuggets Rice Mixed Veggies Fruit Choice  Milk	BBQ Chicken Mashed and gravy Corn Fruit Cup Milk	Pancakes Sausage Hash browns Fruit Choice  Milk	Taco Pizza Pasta Salad Fruit Choice Brownie Milk	Pretzel Yogurt String Cheese Fruit Cup  Milk
30-Jan	31-Jan	<p><b><u>Supper Wednesdays</u></b></p> <p>Chicken Rice Beef Vegetable Tomato Minestrone </p>		<p><b><u>Every Day Offerings:</u></b></p> <p><b><u>Lunch:</u></b></p> <p>Burgers PB&amp;J Salad Bar Ala Cart: Wraps, Entrée Salads, Subs.</p>
Nacho Bowls Rice Cantaloupe Corn Milk	Chicken Nuggets Baked Chips Broccoli Fruit Choice  Milk			



\*Reminder: All Students Receive Free Breakfast and Lunch\*

\*Menu Subject to Change\*