







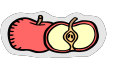


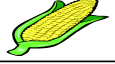


JANUARY 2023 Hudson Falls Central School District **Middle School Menu**

BREAKFAST

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins Donuts: Tues & Thurs	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins Donuts: Tues & Thurs	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins

LUNCH MENU

2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
Holiday	Grilled Cheese Tomato Soup Fruit Choice Green Beans Milk	Pulled Pork on w/g roll Cole Slaw Baked Beans Fruit Choice Milk 	Veggie Delight PIZZA Broccoli Florets Fruit Choice Milk	Chicken Burger Corn Fruit Choice  Milk
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Pretzel Melts Tots Glazed Carrots Fruit Choice Milk	Chicken Alfredo Pasta Broccoli Florets Fruit Choice  Milk	Tacos Spanish rice Glazed Carrots 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	Vegetable Chili Boat <i>Tortilla Chips</i> Pasta Salad Fruit Choice Milk	Sweet and Sour Chicken Steamed Rice Pilaf Broccoli Florets Fruit Choice  Milk	Chicken Flat Bread Pizza Tossed Salad Fruit Salad Cookie Milk	French Toast Sticks Bacon Cheddar Hash browns Fruit Cup Milk
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Chicken Fajitas Corn Fruit Choice  Cookie Milk	Pineapple Chicken Rice Peas Fruit Cup Milk	Pretzel Roll Cheeseburger Fries Broccoli Sautee Fruit Choice Milk	Cheese Pizza Carrot Sticks  Fruit Choice Brownie Milk	Double Dog Day w/ Meat Sauce Sweet Potato Fries Fruit Cup Milk
30-Jan	31-Jan			<u>Every Day Offerings:</u> <u>Lunch:</u> Pizza Burgers PB&J Salad Bar Ala Cart: Wraps, Entrée Salads, Subs.
Sloppy Joe w/g bun Tots Corn Cantaloupe Milk	Roasted Chicken Fries Mixed Veggies Fruit Choice  Milk			

Reminder: All Students Receive Free Breakfast and Lunch