





March 2023 Hudson Falls Central School District High School Menu

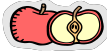

BREAKFAST				
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich
Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits
Cereal	Cereal	Cereal	Cereal	Cereal
Bagels/Cream 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


LUNCH MENU

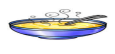
	1-Mar	2-Mar	3-Mar
	Toasted Ham/Prov on Pretz roll/Tots Broccoli Sautee Fruit Choice Milk	MeatLovers Pizza Calf. Blend Veg Tossed Salad Fruit Choice Milk 	Pierogis Meatballs w/g rolls Carrots Fruit Cup Milk

	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
	Cheeseburger Fries Roasted Squash Fruit Choice Milk	Pasta Alfredo w/Chix Broccoli Garlic Sticks Fruit Choice  Milk	Tacos Hard or Soft Spanish Rice Corn/Baked Beans Fruit Cup Milk	Buffalo Chicken Pizza Mixed Veggies/Dip Fruit Choice Milk Brownie	Pulled Pork on a w/g roll Swt.Potato Fries Baked Beans Fruit Choice  Milk

	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
	Gen Tso's Chicken Rice Green Beans  Fruit Cup Milk	Mozzarella Sticks w/sauce Tossed Salad Corn Fruit Cup Milk	Grilled Cheese Tomato Soup Broccoli  Fruit Choice Milk	Cheese Pizza Fruit Choice Calf. Blend Veg Milk Cookie	Superintendent Day 

	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
	Cheeseburger Baked Seasoned Fries Fruit Choice Mixed Veg Milk	Roast Turkey /Gravy Stuffing,Corn Mashed Potatoes Fruit Choice  Milk	Pasta with Meatsauce Garlic Sticks Broccoli Sautee Fruit Choice Milk	Pepperoni Pizza Pasta salad Fruit Choice Glazed Carrots  Milk	Mac and Cheese Roll Fresh Cucumber slices Fruit Choice Milk

	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
	Philly Cheese Steaks Sautéed Pep/Onions Sweet Pot Fries Fruit Cup  Milk	Double Dogs w/mt. sauce Baked Tots Green and Yellow Beans Fruit Cup Milk	Baked Veg/Meat Lasagna Carrots, Grlc. Bread. Spinach Sautee Fruit Choice Milk	Veggie Pizza Antipasto Salad Fruit Choice Potato Tots  Milk	BBQ Chicken Parsley White Potatoes Rstd. Corn & Red Pep. Fruit Cup Milk



Souper Wednesdays
 wk1 Beef Vegetable
 wk2 Cream of Broccoli
 wk3 Tomato Soup
 wk4 Chicken Noodle Soup



Every Day Offerings:
Lunch:
 Pizza
 Burgers
 PB&J

wk5 Chili

****Menu Subject to Change****

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

Salad Bar
Ala Cart: Wraps, Entrée
Salads, Subs.