



March 2023 Hudson Falls Central School District **Middle 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	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
	Bagel Melts Ham/Prov Fries Broccoli Sautee Fruit Choice Milk	MeatLovers Pizza Calf. Blend Veg Pasta Salad Fruit Choice Milk	Chicken Burritos Pasta Salad Carrots Fruit Cup Milk	Cheeseburger Fries Roasted Squash Fruit Choice Milk	Spag w/meatsauce Broccoli Garlic Sticks Fruit Choice Milk	Mozzarella Sticks w/sauce Tossed Salad Corn Fruit Cup Milk	Buffalo Chicken Pizza Mixed Veggies/Dip Fruit Choice Milk Brownie	Popcorn Chicken Mashed/gravy Baked Beans Fruit Choice Milk	BBQ Pork Burrito Rice Green Beans Fruit Cup Milk	Chicken Nuggets Stuffing Mashed Potatoes Fruit Choice Milk	Grilled Cheese Tomato Soup Green Beans Fruit Choice Milk	Cheese Pizza Fruit Choice Calf. Blend Veg Milk Cookie	Superintendent's Day	Cheeseburger Baked Seasoned Fries Fruit Choice Spinach Milk	Tacos Spanish Rice Corn/refried beans Fruit Cup Milk	Goulash Garlic Sticks Broccoli Sautee Fruit Choice Milk	Pepperoni Pizza Pasta salad Fruit Choice Sweet Potato Fries Milk	Mac and Cheese Roll Broccoli Fruit Cup Milk	Chix Quesadilla/cheese Sautéed Pep/Onions Sweet Potato Fries Fruit Cup Milk	Double Dogs w/mt. sauce Baked Tots Green and Yellow Beans Fruit Cup Milk	Baked Veg/Meat Lasagna Garlic Bread w/w Tossed Salad Fruit Choice Milk	Chicken Nuggets Carrots Mashed Potatoes Fruit Choice Milk	Spicy Boneless Chicken Rice Rstd. Corn & Red Pep. Fruit Cup Milk

Super Wednesdays



- wk1 Beef Vegetable
- wk2 Cream of Broccoli
- wk3 Tomato Soup
- wk4 Chicken Noodle Soup
- wk5 Chili



Every Day Offerings:

- Lunch:**
- Pizza
- Burgers
- PB&J
- Salad Bar

Ala Cart: Wraps, Subs