



May 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-May	2-May	3-May	4-May	5-May
Spag Meat sauce Carrots, Garlic Bread Fruit Choice Milk	BBQ Chicken Parsley White Potatoes Rstd. Corn & Red Pep. Fruit Cup Milk	Chicken Quesadilla Fries Broccoli Sautee Fruit Choice Milk	Meat Lovers Pizza Calif. Blend Veg Tossed Salad Fruit Choice Milk	Pierogis Meatballs w/g rolls Carrots Fruit Cup Milk
8-May	9-May	10-May	11-May	12-May
BBQ Chix Burger Fries Roasted Squash Fruit Choice Milk	Pasta Alfredo w/Chix Broccoli Garlic Sticks Fruit Choice Milk	Walking Taos/toppings Spanish Rice Black Beans Fruit Cup Milk	Buffalo Chicken Pizza Mixed Veggies/Dip Fruit Choice Milk Brownie	Pulled Pork Wrap Swt. Potato Fries Baked Beans Fruit Choice Milk
15-May	16-May	17-May	18-May	19-May
Gen Tso's Chicken Rice Green Beans Fruit Cup Milk	Mozzarella Sticks w/sauce Tossed Salad Corn Fruit Cup Milk	Grilled Cheese Tomato Soup Green Beans Fruit Choice Milk	Cheese Pizza Fruit Choice Calif. Blend Veg Milk Cookie	Bnls. BBQ Rib on a bun Totts Broccoli Fruit Cup Milk
22-May	23-May	24-May	25-May	26-May
Cheeseburger Baked Seasoned Fries Fruit Choice Beans Milk	Buffalo Chicken Bites Tots Corn Fruit Choice Milk	Pasta with Meat sauce Garlic Sticks Broccoli Sautee Fruit Choice Milk	Pepperoni Pizza Pasta salad Fruit Choice Glazed Carrots Milk	Mac and Cheese Roll Peas Fruit Cup Milk
29-May	30-May	31-May		Every Day Offerings: Lunch: Pizza Burgers PB&J Salad Bar Ala Cart: Wraps, Entrée Salads, Subs.
Memorial Day	Double Dogs w/mt. sauce Baked Tots Green and Yellow Beans Fruit Cup Milk	Pretzel Melt Baked Lays Pasta Salad Fruit Choice Milk		



Soup Wednesdays
 Beef Vegetable
 Cream of Broccoli
 Tomato Soup
 Chicken Noodle Soup

Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch