

Back to School



Welcome Back













## September 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
Poptarts w/g	Poptarts w/g	Poptarts w/g	Poptarts w/g	Poptarts w/g
Muffins	Muffins	Muffins	Muffins	Muffins
	Donuts: Tues & Thurs		Donuts: Tues & Thurs	

## LUNCH MENU



			7-Sep	8-Sep
			CHEESE PIZZA Garden salad Fruit Choice pudding  Milk	CHICKEN BURGER French Fries  Fruit Choice Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
TACOS w/ched cheese Rice Pilaf Broccoli Fruit Choice Milk	Marinated Roast Chicken Mashed potato/ gravy Corn Fruit Choice Milk	CHICKEN CAESAR WRAP French Fries Fruit Choice Milk 	PEPPERONI PIZZA Pasta Salad Fruit Choice Milk 	SPAG WITH MEATBALLS Corn Fruit Choice Jello Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
CHICKEN AND CHEESE QUESADILLA  Potato Smiles Baked Beans Fruit Choice Milk	PULLED PORK/wg ROLL Rice Broccoli Florets Fruit Choice  Milk	STUFFED SHELLS (Cheese) w/ SPAGHETTI SAUCE Garlic Bread Green Beans Fruit Choice Milk	BIANCA PIZZA Spag Sauce Corn Fruit Choice Milk	ITALIAN MIX SUB/wg ROLL Glazed Carrots Fruit Choice Milk 
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
CHICKEN ALFREDO w/PASTA Green Beans Fruit Choice  Milk	SWT & SOUR CHICKEN Rice Broccoli Fruit Choice Pudding Milk	CHICKEN BURRITO Garden Peas Fruit Choice Milk	VEGGIE PIZZA Pasta Salad Fruit Choice Cookie  Milk	Walking Tacos Refried Beans Peaches Choc Pudding  Milk

**Souper Wednesdays**



- wk1
- wk2 Broccoli Ched Soup
- wk3 Beef Barley Soup
- wk4 Chicken Noodle Soup



**Every Day Offerings:**

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

\*Menu Subject to Change\*

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

Ala Cart: Wraps, Entrée  
Salads, Subs.