

Welcome Back

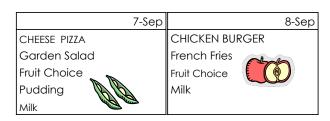


September 2023 Hudson Falls Central School District Intermediate School Menu

BREAKFAST					
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
Breakfast Sandwich	French Toast Sticks	Muffin/Yogurt meal	Pancake	Scram Eggs w/Saug	
Yogurt Parfaits	Yogurt Parfaits	Donuts	Yogurt Parfaits	Yogurt Parfaits	
Cereal	Cereal	Cereal	Cereal	Cereal	
Bagels/Cream Cheese					
Poptarts w/g					
Muffins	Muffins		Muffins	Muffins	
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LUNCH MENU





11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Nacho Bowl	POPCORN CHICKEN	Hot Dogs	PEPPERONI PIZZA	Chicken Nuggets
Rice Pilaf	Sweet & Sour Sauce	French Fries	Pasta Salad	Corn
Broccoli	Mshd Potatoes &Gravy	Fruit Choice	Fruit Choice	Fruit Choice
Jello	Fruit Choice	Milk	Milk ()	Jello
Milk	Cookie Milk			Milk

18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
CHICKEN AND CHEESE	Pancakes/saug	Rotini w/Meatsauce	BIANCA PIZZA STICKS	BBQ Chicken
QUESADILLA	Rice	Garlic Bread	Spag Sauce	Mashed Potatoes
Potato Smiles	Broccoli Florets	Green Beans	Corn	Garden Peas
Baked Beans	Jello	Fruit Choice	Fruit Choice	Jello
Fruit Choice Milk	Milk	Milk	Milk	Milk

25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Mac and Cheese	Nacho Bowl	Mozzerella Sticks	Buffalo Chicken Pizza	Pasta Meatballs / ww roll
Green Beans	Rice	Sauce	Pasta Salad	Tossed Salad
Fruit Choice	Broccoli	Glazed Carrots	Fruit Choice	Peaches
Milk	Fruit Choice	Fruit Choice	Cookie	Choc Pudding
	Pudding Milk	Milk	Milk	Milk



wk2

wk3

Souper Wednesdays

Broccoli Ched Soup Beef Barley Soup Chicken Noodle Soup



Every Day Offerings:

Lunch:

Deli Choice Burgers PB&J/Fluff Salad Bar

Ala Cart:

Wraps, Entrée Salads, Subs.

^{*}Menu Subject to Change*

^{*}Reminder: All Students Receive Free Breakfast and Lunch*