

Back to School



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 Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts w/g Muffins	French Toast Sticks Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts w/g Muffins	Muffin/Yogurt meal Donuts Cereal Bagels/Cream Cheese Poptarts w/g	Pancake Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts w/g Muffins	Scram Eggs w/Saug Yogurt Parfaits Cereal Bagels/Cream Cheese Poptarts w/g Muffins

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
Nacho Bowl Rice Pilaf Broccoli Jello Milk	POPCORN CHICKEN <i>Sweet & Sour Sauce</i> Mshd Potatoes & Gravy Fruit Choice Cookie Milk	Hot Dogs French Fries Fruit Choice Milk	PEPPERONI PIZZA Pasta Salad Fruit Choice Milk	Chicken Nuggets 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	Pancakes/saug Rice Broccoli Florets Jello Milk	Rotini w/Meatsauce Garlic Bread Green Beans Fruit Choice Milk	BIANCA PIZZA STICKS Spag Sauce Corn Fruit Choice Milk	BBQ Chicken Mashed Potatoes Garden Peas Jello Milk

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



wk1
wk2
wk3
wk4

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