

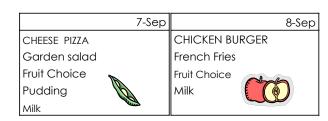
## **Welcome Back**



## September 2023 Hudson Falls Central School District Middle School Menu

		<b>BREAKFAST</b>		
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	





11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
TACOS w/ched cheese	Marinated Roast Chicken	CHICKEN CAESAR WRAP	PEPPERONI PIZZA	Spag with Meatballs
Rice Pilaf	Mashed potato/ gravy	French Fries	Pasta Salad	Corn
Broccoli	Corn	Fruit Choice	Fruit Choice	Fruit Choice
Fruit Choice	Fruit Choice	Milk	Milk	Jello
Milk	Milk			Milk

18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
CHICKEN AND CHEESE	PULLED PORK/wg ROLL	STUFFED SHELLS (Cheese)	BIANCA PIZZA	ITALIAN MIX SUB/wg ROLL
QUESADILLA	Rice	w/ SPAGHETTI SAUCE	Spag Sauce	Glazed Carrots
Potato Smiles		Garlic Bread	Corn	Fruit Choice
Baked Beans	Fruit Choice	Green Beans	Fruit Choice	Milk
Fruit Choice Milk	Milk	Fruit Choice Milk	Milk	

25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
CHICKEN ALFREDO	SWT & SOUR CHICKEN	Chicken Burrito	VEGGIE PIZZA	Walking Tacos
w/PASTA	Rice	Garden Peas	Pasta Salad	Refried Beans
Green Beans	Broccoli	Fruit Choice	Fruit Choice	Peaches
Fruit Choice	Fruit Choice	Milk	Cookie	Choc Pudding
Milk	Pudding Milk		Milk	Milk



wk2

wk3

## Souper Wednesdays

Broccoli Ched Soup Beef Barley Soup Chicken Noodle Soup



## **Every Day Offerings:**

Lunch:

Pizza

Burgers

PB&J

Premade salads Deli sandwich w/ chip &

Cheese stick

Ala Cart: Wraps, Entrée Salads, Subs.

<sup>\*</sup>Menu Subject to Change\*

<sup>\*</sup>Reminder: All Students Receive Free Breakfast and Lunch\*