

Back to School



Welcome Back



September 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
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
 - wk3
 - wk4
- 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.

Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch