

Back to School



Welcome Back












October 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
Breakfast Pizza	Donuts: Tues & Thurs	Breakfast Pizza	Donuts: Tues & Thurs	Breakfast Pizza

LUNCH MENU

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Beef Quesadilla Rice Pilaf Steamed Veggies Fresh Orange Milk 	Chicken Nuggets <i>Sweet & Sour Sauce</i> Mshd Potatoes & Gravy Garden Salad Fresh Apple Milk	Grilled Ham and Cheese Tomato soup Fresh Baby Carrots Fresh Banana Milk 	3 Cheese PIZZA Broccoli Florets Apple Sauce Cups Pasta Salad w/veggies Milk	Superintendent's Day
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Columbus Day	Chicken Burrito Baked Tots Broccoli Florets Fresh Orange Milk	Taco Bowl Garden Peas Spanish Rice Fresh Banana Milk 	Buffalo Chicken PIZZA Tossed Salad Fresh Banana Fresh Baby Carrots Milk	Turkey Provolone Pretzel Potato Nuggets Corn Mixed Grape Cups Milk 
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
BBQ Chicken Baked Beans Carrots Fresh Melon Milk 	Chicken Alfredo w/ <i>Garlic toast</i> Broccoli Fresh Apple Pudding Milk	Chicken Bowls Mashed, Stuffing Corn Fresh Banana Milk	Pepperoni Pizza Pasta Salad Peaches Cookie Milk 	Philly Cheese Steak w/ Sautéed Pep/Onion Peas and Carrots Fresh Oranges Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Popcorn Chicken Mashed potato/ gravy Corn Fresh Apple Milk	Spag w/ Meatsauce W/G Garlic Bread Mixed garden veg Fresh Banana Milk 	Bacon Cheese Burger Potato nuggets Broccoli Fresh Pears Milk	Meatball Pizza Cole Slaw California Blend Fresh Orange Milk	Turkey Reuben w/g roll Sweet Potato Fries Apple Sauce Milk 
30-Oct	31-Oct	Souper Wednesdays		
Buffalo Chix Mac&Cheese Fresh Carrots w/ Ranch Fresh Fruit Cup WG Roll and Marg. Milk	Hot dog with meatsauce Tots Fresh Fruit Cup Brownie Milk	Tomato Soup Chicken Noodle Soup Minestrone Soup Beef Noodle Soup		

Reminder: All Students Receive Free Breakfast and Lunch



Every Day Offerings:

Lunch:

- Chicken Burger on w/g bun
- Deli Bar
- PB&J/Fluff
- Salads
- Cheese Sticks
- Fresh Prepared Fruit
- Ala Cart: Wraps, Entrée
- Salads, Subs.