

Back to School



Welcome Back

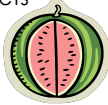









October 2023 Hudson Falls Central School District Intermediate School Menu

BREAKFAST

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Breakfast Pizza Yogurt Parfaits Cereal Muffins Poptarts w/g Fruit	Breakfast Sandwich Poptarts w/g WG-Toast PB/Jelly Gram Crackers Juice	Yogurt Cereal WG-Toast PB/Jelly Gram Crackers Pumpkin Muffins Fruit	FT Sticks & Sausage Cereal Juice WG-Toast PB/Jelly Gram Crackers	Cinni Mini Cereal Graham Cracker Fresh Fruit

LUNCH MENU

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Mozzarella Sticks w/sauce W/G Bread Butter Fresh Garden Salad Fresh Apples Milk	Chicken Patty w/g bun <i>Fresh Carrot Sticks</i> Mshd Potatoes &Gravy Fresh Oranges Cookie Milk	Grilled Cheese Tomato soup Corn Fresh Bananas Milk	Cheese Pizza Sticks/sauce Broccoli Florets Fresh Melon  Milk	Superintendent's Day
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Columbus Day	Taco Bowl Rice  Carrots Fruit Choice Milk	Mac and Cheese Tossed Salad Fresh Oranges W/G Roll Milk	Veggie Pizza Tossed Salad Fresh Apples Milk Cookie	Chicken Nuggets Potato tots Fresh Bananas Broccoli  Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Pancakes/Saug Homefries Carrots sticks and dip Fresh Apple Milk	Pasta Meat Sauce <i>Garlic toast</i> Broccoli Fresh Melon cups Pudding Milk	Hot Dog on w/g roll Garden Peas Tots Fresh Bananas  Milk	PIZZA Slice Veggie Pasta Salad Fresh Oranges Cookie Milk	Cheese burgers on w/g Peas and Carrots Peaches Baked Tots Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Popcorn Chicken Mashed potato/ gravy Corn Applesauce cups Milk	Corn Dogs California Blend Veg Fresh Bananas  Milk Brownie	Grilled Ham and cheese Potato nuggets Broccoli Pears Milk	Meatball Pizza Corn and Peas Oranges Milk	Taco Bowl w/fresh veg Refried Beans Sliced Apples Milk  Pasta Salad
30-Oct	31-Oct	<u> Souper Wednesdays </u>		<p><u>Every Day Offerings:</u> <u>Lunch:</u> Chicken Burger on w/g bun Deli Bar PB&J/Fluff Salads Cheese Sticks Fresh Prepared Fruit Ala Cart: Wraps, Entrée Salads, Subs.</p>
Chicken Nuggets Carrot sticks and dip Fruit cup  Baked Beans Milk	Hot Dog on w/w roll Tots Fresh Fruit Cup Brownie Milk	Chicken Noodle Soup Tomato Soup Minestrone Soup Beef Noodle Soup		

Reminder: All Students Receive Free Breakfast and Lunch

