



## November 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

	1-Nov	2-Nov	3-Nov		
	Stramboli w/ Marinara Coke Slaw Corn and Peas Fruit Choice Milk	Pepperoni PIZZA Pasta Salad Fruit Choice Cookie Milk	Chicken Burger on a Bun Sweet Potato Fries Fruit cup Carrots Milk		
	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
	TACO Beef Quesadilla Rice Pilaf Fresh Garden Salad Fruit Choice Milk	Chicken Nuggets Sweet & Sour Sauce Mshd Potatoes & Gravy Fruit Choice Cookie Milk	Grilled Ham and Cheese Tomato soup Fruit Choice Milk	Veggie Delight PIZZA Broccoli Florets Fruit Choice Milk	Veterans' Day
	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
	Chicken Alfredo w/ Garlic toast Broccoli Fruit Choice Pudding Milk	Chicken Burrito Rice Broccoli Florets Fruit Choice Milk	Mushroom Cheese Burgers Green Beans Baked Fries Fruit cup Milk	Buffalo Chicken PIZZA Tossed Salad Fruit Choice Milk	Turkey Provolone Pretzel Potato Nuggets Corn Fruit Choice Milk
	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
	BBQ Chicken Baked Beans Carrots Fruit Choice Milk	Sliced Turkey, Cran Sauce Stuffing, Corn Mashed & Gravy Fruit Cup, Milk Pumpkin Pie	Thanksgiving Recess 	Thanksgiving Recess 	Thanksgiving Recess 
	27-Nov	28-Nov	29-Nov	30-Nov	<b>Every Day Offerings:</b> <b>Lunch:</b> Chicken Burger on w/g bun Deli Bar PB&J/Fluff Salads Cheese Sticks Fresh Prepared Fruit Ala Cart: Wraps, Entrée Salads, Subs
	Popcorn Chicken Mashed potato/ gravy Corn Fruit Choice Milk	Spag w/ Meatsauce W/G Garlic Bread Mixed garden veg Fruit Choice Milk	Bacon Cheese Burger Baked Fries Fruit Choice Corn Milk	Pepperoni Meatball Pizza Tossed Salad Fruit Choice Cookie Milk	

#### Souper Wednesdays

wk1	Chicken Noodle Soup
wk2	Tomato Soup
wk3	Minestrone Soup
wk5	Beef Veg Soup



\*Menu Subject to Change\*

\*Reminder: All Students Receive Free Breakfast and Lunch\*