





November 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 Jelly Gram Crackers Juice	Yogurt Cereal WG-Toast Jelly Gram Crackers Pumpkin Muffins Fruit	FT Sticks & Sausage Cereal Juice WG-Toast Jelly Gram Crackers	Cinni Mini Cereal Graham Cracker Fresh Fruit


LUNCH MENU

1-Nov	2-Nov	3-Nov
Spirals with meatsauce Garlic Bread Carrot sticks/ranch Fruit Choice Milk	Pepperoni PIZZA Pasta Salad Fruit Choice Cookie Milk	Brunch: French Toast, saug, & hash browns Fruit cup Carrots  Milk

6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Naano Bowl/refried beans Rice Pilaf Fresh Garden Salad Fruit Choice  Milk	Chicken Nuggets Sweet & Sour Sauce Mshd Potatoes & Gravy Fruit Choice Milk Milk	Grilled Ham and Cheese Tomato soup Fruit Choice Milk Cookie	Veggie Delight PIZZA Broccoli Florets Fruit Choice Milk	Veterans' Day

13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Mozzarella Sticks/sauce Broccoli Fruit Choice Choc Pudding Milk	Hot Dog w/g roll Sweet Potato Fries Broccoli Florets  Fruit Choice Milk	Hamburgers Tots Green Beans Fruit Choice Milk	Buffalo Chicken PIZZA Tossed Salad Fruit Choice Milk	Pretzel, yogurt Cheese sticks Corn Fruit Choice  Milk

20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Corn Dogs Baked Beans/Totts Carrots  Fruit Choice Milk	Sliced Turkey, Cran Sauce Stuffing, Corn Mashed & Gravy Fruit Cup, Milk Apple Pie	Thanksgiving Recess 	Thanksgiving Recess 	Thanksgiving Recess 

27-Nov	28-Nov	29-Nov	30-Nov	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.
Chicken Patty on w/g bun Baked Fries Corn Fruit Choice Milk	Spag w/ Meatsauce w/g Garlic Bread Mixed garden veg Fruit Choice Milk	Cheese Burger Baked Fries Fruit Choice Corn Milk	Cheese Pizza Potato nuggets Tossed salad Fruit Choice  Milk	

Super 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