





November 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 |
| Breakfast Pizza | Donuts: Tues & Thurs | Breakfast Pizza | Donuts: Tues & Thurs | Breakfast Pizza |


LUNCH MENU

| 1-Nov | 2-Nov | 3-Nov |
|--------------|-----------------|---|
| French Toast | Pepperoni PIZZA | Chicken Burger on a Bun |
| Hashbrowns | Pasta Salad | Sweet Potato Fries |
| Sausage | Fruit Choice | Fruit cup |
| Fruit Choice | Cookie | Carrots  |
| Milk | Milk | Milk |

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

| 13-Nov | 14-Nov | 15-Nov | 16-Nov | 17-Nov |
|---------------------------------|------------------|---|-----------------------|--|
| Chicken Alfredo w/ Garlic toast | Chicken Burrito | Mushroom Cheese Burgers | Buffalo Chicken PIZZA | Turkey Provolone Pretzel |
| Broccoli | Broccoli Florets | Green Beans | Tossed Salad | Potato Nuggets |
| Fruit Choice | Fruit Choice | Baked Fries | Fruit Choice | Corn |
| Pudding Milk | Milk | Fruit cup  | Milk | Fruit Choice  |

| 20-Nov | 21-Nov | 22-Nov | 23-Nov | 24-Nov |
|--|---------------------------|---|--|---|
| BBQ Chicken | Sliced Turkey, Cran Sauce | Thanksgiving Recess | Thanksgiving Recess | Thanksgiving Recess |
| Baked Beans | Stuffing, Corn |  |  |  |
| Carrots | Mashed & Gravy | | | |
| Fruit Choice  | Fruit Cup, Milk | | | |
| Milk | Pumpkin Pie | | | |

| 27-Nov | 28-Nov | 29-Nov | 30-Nov | Every Day Offerings: |
|----------------------|-------------------|---------------------|--|---------------------------|
| Popcorn Chicken | Spag w/ Meatsauce | Bacon Cheese Burger | Pepperoni Meatball Pizza | Lunch: |
| Mashed potato/ gravy | W/G Garlic Bread | Baked Fries | Tossed sald | Chicken Burger on w/g bun |
| Corn | Mixed garden veg | Fruit Choice | Fruit Choice | Deli Bar |
| Fruit Choice | Fruit Choice | Corn | Cookie  | PB&J/Fluff |
| Milk | Milk | Milk | Milk | Salads |

Souper Wednesdays

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

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|---------------------------|
| 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. |



Menu Subject to Change

Reminder: All Students Receive Free Breakfast and Lunch