














JANUARY 2024 Hudson Falls Central School District **Middle School Menu**

BREAKFAST

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins Donuts: Tues & Thurs	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins Donuts: Tues & Thurs	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins

LUNCH MENU

1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
Holiday	Grilled Cheese Tomato Soup Fruit Choice Green Beans Milk	Pulled Pork on w/g roll Carrots Baked Beans Fruit Choice Milk 	Veggie Delight PIZZA Broccoli Florets Fruit Choice Milk	Chicken Burger Corn Fruit Choice Milk 
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Pretzel Melts Tots Glazed Carrots Fruit Choice Milk	Chicken Alfredo Pasta Broccoli Florets Fruit Choice  Milk	Tacos Spanish rice Glazed Carrots Fruit Choice Milk	Meat lovers PIZZA Tossed Salad Fruit Choice  Milk	Popcorn Chicken Fries Corn Fruit Choice  Milk
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
MLK Day	Chicken Pot Pie Tossed Salad Carrots Fruit Choice Milk	Sweet and Sour Chicken Steamed Rice Pilaf Broccoli Florets Fruit Choice  Milk	Buffalo Chicken Pizza Pasta Salad Fruit Choice Cookie Milk	French Toast Sticks Sausage Cheddar Hash browns Fruit Cup Milk
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Chicken Fajitas Corn Fruit Choice  Jello Milk	General Tso's Chicken Rice Peas Fruit Cup Milk	Pretzel Roll Cheeseburger Fries Broccoli Sautee Fruit Choice Milk	Cheese Pizza Carrot Sticks Fruit Choice  Brownie Milk	Double Dog Day w/ Meat Sauce Sweet Potato Fries Fruit Cup Milk
29-Jan	30-Jan	31-Jan	 <div> Every Day Offerings: Lunch: Pizza Burgers PB&J Salad Bar Ala Cart: Wraps, Entrée Salads, Subs. </div>	
Sloppy Joe w/g bun Tots Corn Fruit Choice Milk	Roasted Chicken Fries Mixed Veggies Fruit Choice  Milk	Bbq Pork Mac&Cheese Tossed Salad Corn Fruit Choice  Milk		

Reminder: All Students Receive Free Breakfast and Lunch

Menu Subject to Change

Souper Wednesdays

Chicken Rice
Beef Vegetable
Chicken Noodle
Tomato Soup

