



January



Hudson City School District

Cafeteria Menu - M.C.S. Intermediate School (Menu may vary by school)

January, 2017

1/2	BREAKFAST 1/3	BREAKFAST 1/4	BREAKFAST 1/5	BREAKFAST 1/6
	Mini-Pancakes	Yogurt & Muffin	Breakfast Sandwich (Egg & Turkey Bacon on Biscuit)	Banana & PB Wrap or PB & J Wafer & Cereal
	LUNCH	LUNCH	LUNCH	LUNCH
Holiday Recess Happy New Year!	Mozzarella Sticks w/ Dipping Sauce Tossed Romaine Salad Fruit Choices Milk	Popcorn Chicken Mashed Potatoes, Gravy Steamed Broccoli Fruit Choices Milk	Corn Dog Sweet Potato Fries Vegetarian Baked Beans Fruit Choices Milk	Tony's "Smart" Pizza Green Beans Carrot Sticks Fruit Choices Milk
BREAKFAST 1/9	BREAKFAST 1/10	BREAKFAST 1/11	BREAKFAST 1/12	BREAKFAST 1/13
Mini-Cinni's	Assorted W.W. Donuts & Cereal	Yogurt Bar (Yogurt w/ Grain & Fruit Toppings)	Breakfast Sandwich (Egg & Cheese on a Biscuit)	W.W. Poptarts
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Biscuit Mashed Potatoes, Gravy Steamed Carrots Fruit Choices Milk	"Brunch for Lunch" French Toast w/ Sausage Tator Tots Carrot Sticks Fruit Choices, Milk	"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce & Tomato Sweet Potato Fries Fruit Choices, Milk	Chicken Nuggets Smile Fries HCSD's 3 Bean Salad W.W. Dinner Roll Fruit Choices, Milk	"The Max" Stuffed Crust Pizza Tossed Salad Greens Fruit Choices Milk
1/16	BREAKFAST 1/17	BREAKFAST 1/18	BREAKFAST 1/19	BREAKFAST 1/20
Martin Luther King, Jr. Day	Mini-Pancakes	Yogurt & Muffin	P B & J Wafer & Cereal	Breakfast Sandwich (Egg & Sausage on a Biscuit)
School Closed	LUNCH	LUNCH	LUNCH	LUNCH
M.L.K. DAY!	Popcorn Chicken Mashed Potatoes, Gravy Green Beans Fruit Choices Milk	Cheese Quesadilla Lettuce, Tomato, Salsa Corn Fruit Choices Milk	Chicken Patty on W.W. Bun Lettuce & Tomato Smile Fries Fruit Choices Milk	Pizza Bites Tossed Salad Fruit Choices Milk
BREAKFAST 1/23	BREAKFAST 1/24	BREAKFAST 1/25	BREAKFAST 1/26	BREAKFAST 1/27
Mini-Bagels	Cereal & Muffin	Yogurt Bar (Yogurt w/ Fruit & Grain Toppings)	Breakfast Pizza	Ultimate Breakfast Round & Yogurt
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Mozzarella Sticks w/ Dipping Sauce Romaine Salad Fruit Choices Milk	Beef Tacos on Soft Shell Lettuce, Tomato, Cheese Salsa, Corn Fruit Choices Milk	Chicken Nuggets Mashed Potatoes, Gravy W.W. Dinner Roll Steamed Carrots Fruit Choices, Milk	"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce & Tomato Oven Fries Fruit Choices, Milk	"The Max" Stuffed Crust Pizza Green Pepper Strips HCSD 3 Bean Salad Fruit Choices Milk

Available Daily:

- Pre-packed Chef Salad
- Fresh or Canned Fruit
- Assorted Sandwiches
- Milk - All Milk is Fat Free

All grain products are whole grain rich.

Please see reverse side of menu for additional offerings.

**Food Service Helper
Substitutes Needed
(on call, as needed) -
Applications available
in the Business Office**

**Breakfast Includes a Choice
of Fresh Fruit, Juices, Cereals
Bagels, Milk, and the Daily
Selection as Printed on
the Menu.**

Ala Carte Prices:
Milk \$.50
Fruit Juice \$.50
Ice Cream \$.75
Frozen Yogurt \$1.00



Menu subject to change.



Hudson City School District is an equal opportunity provider.

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