



Hudson City School District
Cafeteria Menu - Jr./Sr. High School (Menu may vary by school.)
October, 2017

BREAKFAST 10/2	BREAKFAST 10/3	BREAKFAST 10/4	BREAKFAST 10/5	BREAKFAST 10/6
Mini-Bagels	Ultimate Breakfast Round & Cereal	Yogurt Bar w/ Grain & Fruit Toppings	Breakfast Sandwich (Egg & Cheese on Bagel)	Pancakes, Syrup
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Tator Tots Whole Wheat Dinner Roll Vegetable Bar Fruit Choices, Milk	Tacos, W.G. Hard or Soft Shell Seasoned Meat Lettuce, Tomato, Cheese Salsa, Corn, Rice Fruit Choices, Milk	"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce, Tomato, Onion Sweet Potato Fries Vegetable Bar Fruit Choices, Milk	Chicken & Biscuit Mashed Potatoes & Gravy Vegetable Bar Fruit Choices Milk	"Big Daddy's" Pizza Vegetable Bar Fruit Choices Milk
10/9	BREAKFAST 10/10	BREAKFAST 10/11	BREAKFAST 10/12	BREAKFAST 10/13
	Mini-Pancakes	Breakfast Pizza	Yogurt & Muffin	Breakfast Sandwich (Egg & Turkey Sausage on Bagel)
Columbus Day	LUNCH	LUNCH	LUNCH	LUNCH
No School 	Chicken Patty on Whole Wheat Bun Lettuce, Tomato, Onion Potato Wedges Vegetable Bar Fruit Choices, Milk	Mozzarella Sticks w/ Dipping Sauce Vegetable Bar Fruit Choices Milk	Popcorn Chicken Bowl Mashed Potatoes, Gravy Whole Wheat Dinner Roll Vegetable Bar Fruit Choices Milk	"The Max" Stuffed Crust Pizza Vegetable Bar Fruit Choices Milk
BREAKFAST 10/16	BREAKFAST 10/17	BREAKFAST 10/18	BREAKFAST 10/19	10/20
Mini-Bagels	Breakfast Sandwich (Egg & Turkey Bacon on Bagel)	Yogurt Bar w/ Fruit & Grain Toppings	Cereal & Muffin	
LUNCH	LUNCH	LUNCH	LUNCH	
"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce, Tomato, Onion Oven Fries 1 Pkg. W.W. Crackers (9-12) Fruit Choices, Milk	Chicken Taco on Hard or Soft Shell Lettuce, Tomato, Cheese Salsa, Corn, Rice Fruit Choices Milk	Spaghetti w/ Meatballs Whole Wheat Dinner Roll Vegetable Bar Fruit Choices Milk	Sweet & Sour Chicken Veggie Eggroll Brown Rice Vegetable Bar Fruit Choices Milk	Superintendent's Conference Day School Closed
BREAKFAST 10/23	BREAKFAST 10/24	BREAKFAST 10/25	BREAKFAST 10/26	BREAKFAST 10/27
Breakfast Pizza	French Toast	Yogurt Bar w/ Fruit & Grain Toppings	Breakfast Sandwich (Egg & Turkey Bacon on Bagel)	Muffin & Yogurt
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Mashed Potatoes, Gravy Vegetable Bar Whole Wheat Dinner Roll Fruit Choices Milk	Tacos, W.G. Hard or Soft Shell Seasoned Meat Lettuce, Tomato, Cheese Salsa, Corn, Rice Fruit Choices Milk	Mozzarella Sticks w/ Dipping Sauce Vegetable Bar Fruit Choices Milk	"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce, Tomato, Onion Seasoned Potato Wedges Vegetable Bar Fruit Choices, Milk	"The Max" Stuffed Crust Pizza Vegetable Bar Fruit Choices Milk

Available Daily:

Salad Bar
 Fresh or Canned Fruit
 Assorted Sandwiches
 Milk - All Milk is Fat Free

All grain products are whole grain rich.

Menu subject to change.

Substitute Food Service
 Helpers are needed--
 Applications are
 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



Please see reverse side of menu for additional offerings.

Hudson City School District is an equal opportunity employer and provider.

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