



**Hudson City School District**  
**Cafeteria Menu - M.C.S. Intermediate 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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken & Biscuit Mashed Potatoes & Gravy Steamed Carrots Fruit Choices Milk	Taco on Soft Shell Seasoned Meat Lettuce, Tomato, Cheese Salsa, Corn Fruit Choices, Milk	"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce & Tomato Sweet Potato Fries Fruit Choices, Milk	Chicken Nuggets Tator Tots Whole Wheat Dinner Roll Vegetarian Baked Beans Fruit Choices, Milk	"The Max" Stuffed Crust Pizza Tossed Salad Greens Fruit Choices Milk
10/9	BREAKFAST 10/10	BREAKFAST 10/11	BREAKFAST 10/12	BREAKFAST 10/13
	Mini-Pancakes	Breakfast Pizza	Banana & P B Wrap or P B & J Wafer	Breakfast Sandwich (Egg & Turkey Sausage on Bagel)
<b>Columbus Day</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
No School 	Chicken Parmesan on Whole Wheat Bun Green Beans Smile Fries Fruit Choices Milk	Grilled Cheese Sandwich Chicken & Stars Soup Steamed Broccoli Fruit Choices Milk	Popcorn Chicken Bowl Mashed Potatoes, Gravy Corn Fruit Choices Milk	Tony's "Smart" Pizza Tossed Salad 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	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	
"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce & Tomato Oven Fries Fruit Choices Milk	Chicken Taco on Soft Shell Lettuce, Tomato, Cheese Corn, Salsa Fruit Choices Milk	Spaghetti w/ Meatballs Green Beans Fruit Choices Milk	"The Max" Stuffed Crust Pizza Tossed Salad 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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken Nuggets Mashed Potatoes, Gravy Steamed Carrots Whole Wheat Dinner Roll Fruit Choices Milk	Taco on Soft Shell Seasoned Meat Lettuce, Tomato, Cheese Salsa, Corn Fruit Choices Milk	Mozzarella Sticks w/ Dipping Sauce Romaine Salad Wax Beans Fruit Choices Milk	"Bluehawk Special" Cheeseburger on W.W. Bun Lettuce, Tomato Smile Fries Fruit Choices Milk	Tony's "Smart" Pizza Steamed Broccoli 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.

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 provider.

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