



Hudson City School District

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

March, 2018

BREAKFAST 3/5 WG Mini-Bagel	BREAKFAST 3/6 Breakfast Sandwich	BREAKFAST 3/7 Ultimate Breakfast Round & Yogurt	BREAKFAST 3/8 Breakfast Pizza LUCKY STICKER DAY	BREAKFAST 3/9 Blueberry Muffin
LUNCH WG Chicken Nuggets Brown Rice Corn Fruit Choices Milk	LUNCH WG Mozzarella Sticks w/ Dipping Sauce Veggie Sticks Fruit Choices Milk	LUNCH Beef Taco on WG Soft or Hard Shell Lettuce, Cheese, & Salsa Black Beans Pineapple, Milk	LUNCH Roast Turkey w/ Gravy Mashed Potatoes Whole Wheat Dinner Roll Green Beans Fruit Choices, Milk	LUNCH WG Stuffed Crust Pizza Tossed Salad Greens Applesauce Milk
BREAKFAST 3/12 WG Mini-Pancakes	BREAKFAST 3/13 WG French Toast w/ Turkey Sausage	BREAKFAST 3/14 Muffin & Yogurt	BREAKFAST 3/15 WG Mini-Bagel	3/16
LUNCH WG Chicken Patty on Whole Wheat Bun Corn Sweet Potato Fries Fruit Choices, Milk	LUNCH All Beef Hot Dog on Whole Wheat Bun Smiley Fries Vegetarian Beans Fruit Choices, Milk	LUNCH Chicken Taco on WG Soft Shell Lettuce, Tomato, Cheese Salsa, Black Beans Pineapple, Milk	LUNCH Grilled Turkey, Bacon, & Cheese on WW Bread Curly Fries Veggie Sticks Fruit Choices, Milk	Superintendent's Conference Day School Closed
BREAKFAST 3/19 Cereal & Muffin	BREAKFAST 3/20 WG Mini-Pancakes LUCKY STICKER DAY	BREAKFAST 3/21 Yogurt Bar	BREAKFAST 3/22 Blueberry Muffin	BREAKFAST 3/23 Ultimate Breakfast Round & Yogurt
LUNCH WG Chicken Nuggets Brown Rice Corn Fruit Choices Milk	LUNCH Cheeseburger on WW Bun Lettuce & Tomato Oven Fries Fruit Choices Milk	LUNCH WW Spaghetti w/ Meatballs Green Beans Pears Fruit Choices Milk	LUNCH "Brunch for Lunch" WG French Toast Sticks Turkey Sausage Patty Hash Browns Carrot Sticks Orange Wedges, Milk	LUNCH WG Stuffed Crust Pizza Tossed Salad Greens Applesauce Milk
BREAKFAST 3/26 WG Mini-Bagel	BREAKFAST 3/27 WG French Toast	BREAKFAST 3/28 Muffin & Yogurt	BREAKFAST 3/29 Breakfast Pizza	3/30
LUNCH WG Chicken Patty on Whole Wheat Bun Lettuce & Tomato Sweet Potato Fries Fruit Choices Milk	LUNCH Corn Tortilla Chips w/ Taco Meat & Cheese Brown Rice Black Beans, Salsa Fruit Choices, Milk	LUNCH All Beef Hot Dog on Whole Wheat Bun Smiley Fries Vegetarian Beans Fruit Choices, Milk	LUNCH Cheesy Stuffed WG Bread Sticks w/ Marinara Sauce Veggie Sticks Peaches Fruit Choices, Milk	Good Friday School Closed

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

Please see reverse side of menu for additional offerings.

LUCKY STICKER DAYS
MARCH 8 & 20
Find a sticker on your breakfast tray and receive a coupon for a free ice cream at lunch!!



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

All Grain Products are Whole Grain Rich

Menu subject to change.

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

Hudson City School District is an equal opportunity provider.



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