



**Hudson City School District
Cafeteria Menu - M.C.S. Elementary School (Menu may vary by school.)
October, 2018**

BREAKFAST 10/1 WG Muffin & Cheese Stick	BREAKFAST 10/2 Cinnamon U.B.R.	BREAKFAST 10/3 Mini-Pancakes	BREAKFAST 10/4 Breakfast Pizza	BREAKFAST 10/5 Bagel w/ Cream Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Brown Rice Corn Fruit Choices Milk	Cheeseburger on WW Bun Lettuce & Tomato Smiley Fries Fruit Choices Milk	Meatball Sub on W.W. Roll Green Beans Fruit Choices Milk	"Brunch for Lunch" French Toast Sticks Turkey Sausage Patty Hash Browns Carrot Sticks Fruit Choices, Milk	Cheese Pizza Garden Salad Applesauce Milk
10/8	BREAKFAST 10/9 WG Donut	BREAKFAST 10/10 Egg & Cheese Sandwich	BREAKFAST 10/11 French Toast Sticks	BREAKFAST 10/12 Bagel w/ Cream Cheese
Columbus Day	LUNCH	LUNCH	LUNCH	LUNCH
No School 	Mozzarella Sticks w/ Dipping Sauce Garlic Roll Veggie Sticks Fruit Choices, Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Black Beans Salsa Fruit Choices, Milk	All Beef Hot Dog on Whole Wheat Bun Tator Tots Fruit Choices Milk	Cheese Pizza Garden Salad Applesauce Milk
BREAKFAST 10/15 WG Muffin & Cheese Stick	BREAKFAST 10/16 Cinnamon U.B.R.	BREAKFAST 10/17 Mini-Pancakes	BREAKFAST 10/18 Breakfast Pizza	BREAKFAST 10/19 Bagel w/ Cream Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Brown Rice Vegetarian Beans Fruit Choices Milk	Cheeseburger on WW Bun Lettuce & Tomato Smiley Fries Fruit Choices Milk	Spaghetti w/ Meatballs Green Beans Fruit Choices Milk	Turkey Sandwich on Whole Wheat Bread Pasta Salad Pickles Fruit Choices Milk	Cheese Pizza Garden Salad Applesauce Milk
BREAKFAST 10/22 WG Muffin w/ Cheese Stick	BREAKFAST 10/23 WG Donut	BREAKFAST 10/24 Egg & Cheese Sandwich	BREAKFAST 10/25 Bagel w/ Cream Cheese	BREAKFAST 10/26 Mini-Pancakes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Patty on Whole Wheat Bun Lettuce & Tomato Sweet Potato Wedges Fruit Choices, Milk	Mozzarella Sticks w/ Dipping Sauce Garlic Roll Veggie Sticks Fruit Choices, Milk	Beef Taco on WG Soft Shell Lettuce, Cheese, Salsa Corn Black Bean Salad Fruit Choices, Milk	"Brunch for Lunch" French Toast Sticks Turkey Sausage Patty Hash Browns Carrot Sticks Fruit Choices, Milk	Cheese Pizza Garden Salad Applesauce Milk

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

Available Daily for Lunch:
Pre-packed Chef Salad
Fresh and Canned Fruit
Assorted Sandwiches, including Grilled Cheese Sandwich
Hummus Plate: Hummus, Flat Bread, Cheese Stick, & Veggie Sticks
Milk: All Milk is Fat Free

All grain products are whole grain rich.

Ala Carte Prices:
Milk \$.50
Fruit Juice \$.50

Menu subject to change.



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