



November



Hudson City School District
Cafeteria Menu - Jr./Sr. High School (Menu may vary by school.)
November, 2018

BREAKFAST 10/29	BREAKFAST 10/30	BREAKFAST 10/31	BREAKFAST 11/1	BREAKFAST 11/2
French Toast Sticks w/ Turkey Sausage	Egg & Cheese Sandwich	WG Cinnamon Roll	Breakfast Pizza	WG Donut
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Mozzarella Sticks w/ Dipping Sauce Garlic Bread Stick Vegetable Bar Fruit Choices, Milk	Chicken & Waffle Sweet Potato Fries Vegetable Bar Fruit Choices Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Black Beans, Salsa Vegetable Bar Fruit Choices, Milk	Chili Cheese Dog Tator Tots Vegetable Bar Fruit Choices Milk	Jamaican Beef Patty Creole Rice Vegetable Bar Fruit Choices Milk
BREAKFAST 11/5	11/6	BREAKFAST 11/7	BREAKFAST 11/8	BREAKFAST 11/9
U.B.R. & Yogurt		Pancakes & Turkey Sausage	Breakfast Pizza	Egg & Cheese Sandwich
LUNCH		LUNCH	LUNCH	LUNCH
Chicken Tenders Buttered Noodles Vegetable Bar Fruit Choices Milk	Superintendent's Conference Day No School	Meatball Sub on WW Roll Vegetable Bar Fruit Choices Milk	Popcorn Chicken Bowl (Chicken, Mashed Potatoes, Corn, & Gravy) Garlic Roll Vegetable Bar Fruit Choices, Milk	Cheeseburger on WW Bun Lettuce, Tomato, Onion Curly Fries Vegetable Bar Fruit Choices Milk
11/12	BREAKFAST 11/13	BREAKFAST 11/14	BREAKFAST 11/15	BREAKFAST 11/16
	French Toast Sticks w/ Turkey Sausage	WG Cinnamon Roll	Breakfast Pizza	WG Donut
VETERANS DAY	LUNCH	LUNCH	LUNCH	LUNCH
No School 	Mozzarella Sticks w/ Dipping Sauce Garlic Bread Stick Vegetable Bar Fruit Choices, Milk	1/2 DAY - ALL SCHOOLS No Lunch Served	Philly Cheese Steak on WW Roll Curly Fries Vegetable Bar Fruit Choices Milk	Chicken Patty on Whole Wheat Bun Lettuce, Tomato, Onion Sweet Potato Fries Vegetable Bar Fruit Choices, Milk
BREAKFAST 11/19	BREAKFAST 11/20	11/21	11/22	11/23
Pancakes & Turkey Sausage	U.B.R. & Cereal			
LUNCH	LUNCH	THANKSGIVING		RECESS
Chicken Nuggets Mashed Potatoes Vegetable Bar Fruit Choices Milk	"Double Dogs" (2 Hot Dogs on a Bun) Vegetable Bar Fruit Choices Milk			
BREAKFAST 11/26	BREAKFAST 11/27	BREAKFAST 11/28	BREAKFAST 11/29	BREAKFAST 11/30
WG Muffin & Cheese Stick	WG Donut	WG Cinnamon Roll	Breakfast Pizza	Egg & Cheese Sandwich
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Tenders Buttered Noodles Vegetable Bar Fruit Choices Milk	Cheeseburger on WW Bun Lettuce, Tomato, Onion Curly Fries Vegetable Bar Fruit Choices Milk	Chicken Parmesan w/ WG Pasta & Sauce Vegetable Bar Fruit Choices Milk	Chicken Taco on WG Soft Shell Lettuce, Cheese, Salsa Black Beans Vegetable Bar Fruit Choices, Milk	Mozzarella Sticks w/ Dipping Sauce Garlic Bread Stick Vegetable Bar Fruit Choices, Milk

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

Available Daily for Lunch:
 Salad Bar
 Fresh and Canned Fruit
 Assorted Sandwiches: PBJ, Tuna, Egg Salad, Turkey
 Hummus Plate: Hummus, Flat Bread, Cheese Stick, & Veggie Sticks
 Milk - All Milk is Fat Free

All grain products are whole grain rich.

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

Please see reverse side of menu for additional offerings.

Menu subject to change.

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