



January



Hudson City School District
Cafeteria Menu - M.C.S. Elementary School (Menu may vary by school)
January, 2019

12/31	1/1	BREAKFAST 1/2	BREAKFAST 1/3	BREAKFAST 1/4
		WG Bagel w/ Cream Cheese	Breakfast Pizza	WG Muffin & Cheese Stick
		LUNCH	LUNCH	LUNCH
Holiday Recess	Holiday Recess Happy New Year!	Mozzarella Sticks w/ Dipping Sauce Garlic Roll Green Beans Fruit Choices, Milk	Chicken Patty on Whole Wheat Bun Lettuce & Tomato Smiley Fries Fruit Choices, Milk	Cheese Pizza Veggie Sticks Fruit Choices Milk
BREAKFAST 1/7	BREAKFAST 1/8	BREAKFAST 1/9	BREAKFAST 1/10	BREAKFAST 1/11
WG Bagel w/ Cream Cheese	WG Donut	Yogurt & Cereal	WG French Toast Sticks & Turkey Sausage	WG Muffin & Cheese Stick
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Brown Rice Steamed Broccoli Spears Fruit Choices Milk	Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup Veggie Sticks Fruit Choices, Milk	Sloppy Joes on Whole Wheat Bun Tator Tots Steamed Carrots Fruit Choices, Milk	All Beef Hot Dog on Whole Wheat Bun Baked Beans Corn Fruit Choices, Milk	Cheese Pizza Garden Salad Fruit Choices Milk
BREAKFAST 1/14	BREAKFAST 1/15	BREAKFAST 1/16	BREAKFAST 1/17	BREAKFAST 1/18
WG Bagel w/ Cream Cheese	Yogurt & Cereal	Egg & Cheese Sandwich	Breakfast Pizza	WG Muffin & Cheese Stick
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Patty on Whole Wheat Bun Lettuce & Tomato Sweet Potato Fries Fruit Choices, Milk	Mozzarella Sticks w/ Dipping Sauce Garlic Roll Green Beans Fruit Choices, Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Black Beans Salsa Fruit Choices, Milk	"Brunch for Lunch" WG French Toast Sticks Turkey Sausage Patty Hash Brown Rounds Fruit Choices, Milk	Cheese Pizza Veggie Sticks Fruit Choices Milk
BREAKFAST 1/21	BREAKFAST 1/22	BREAKFAST 1/23	BREAKFAST 1/24	BREAKFAST 1/25
Martin Luther King, Jr. Day	WG Donut	Yogurt & Cereal	Mini-Pancakes	WG Muffin & Cheese Stick
School Closed	LUNCH	LUNCH	LUNCH	LUNCH
M.L.K. DAY!	Chicken Nuggets Brown Rice Steamed Carrots Fruit Choices Milk	Spaghetti & Meatballs Green Beans Fruit Choices Milk	Cheeseburger on WW Bun Lettuce & Tomato Smiley Fries Fruit Choices Milk	Cheese Pizza Garden Salad 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:
 Pre-packed Fresh 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.

Please see reverse side of menu for additional offerings.

Menu subject to change.

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

