



February
Hudson City School District



Cafeteria Menu - Jr./Sr. High School (Menu may vary by school)
February, 2019

BREAKFAST 1/28 WG French Toast Sticks	BREAKFAST 1/29 UBR & Yogurt	BREAKFAST 1/30 WG Cinnamon Roll	BREAKFAST 1/31 Yogurt Bar	BREAKFAST 2/1 Cheese Omelet
LUNCH Chicken Nuggets Mashed Potatoes W.W. Dinner Roll Vegetable Bar Fruit Choices, Milk	LUNCH BBQ Chicken Macaroni & Cheese Vegetable Bar Fruit Choices Milk	LUNCH Corn Tortilla Chips w/ Taco Meat & Cheese Brown Rice Black Beans, Salsa Vegetable Bar Fruit Choices, Milk	LUNCH Chili Cheese Dog Tator Tots Vegetable Bar Fruit Choices Milk	LUNCH Chicken Patty on Whole Wheat Bun Lettuce & Tomato Vegetable Bar Fruit Choices, Milk
BREAKFAST 2/4 Pancakes & Turkey Sausage	BREAKFAST 2/5 UBR & Yogurt	BREAKFAST 2/6 Egg & Cheese Sandwich	BREAKFAST 2/7 Breakfast Pizza	BREAKFAST 2/8 WG Muffin & Cheese Stick
LUNCH Mozzarella Sticks w/ Dipping Sauce W.W. Dinner Roll Italian Green Beans Vegetable Bar Fruit Choices, Milk	LUNCH Chicken Parmesan w/ WG Pasta & Sauce Roasted Broccoli Spears Vegetable Bar Fruit Choices Milk	LUNCH Chicken & Waffle Sweet Potato Fries Vegetable Bar Fruit Choices Milk	LUNCH Cheeseburger on WW Bun Lettuce, Tomato, Onion Curly Fries Vegetable Bar Fruit Choices Milk	LUNCH Jamaican Beef Patty Creole Rice Curried Carrots Vegetable Bar Fruit Choices Milk
BREAKFAST 2/11 WG French Toast Sticks	BREAKFAST 2/12 UBR & Yogurt	BREAKFAST 2/13 WG Cinnamon Roll	BREAKFAST 2/14 Yogurt Bar	BREAKFAST 2/15 Cheese Omelet
LUNCH Chicken Nuggets Mashed Potatoes W.W. Dinner Roll Vegetable Bar Fruit Choices, Milk	LUNCH Sweet & Sour Chicken Brown Rice Mini Egg Roll Vegetable Bar Fruit Choices, Milk	LUNCH Roast Turkey w/ Gravy & Stuffing Corn Vegetable Bar Fruit Choices, Milk	LUNCH Beef Chili w/ Corn Muffin Vegetable Bar Fruit Choices Milk	LUNCH Chicken Patty on Whole Wheat Bun Tator Tots Vegetable Bar Fruit Choices, Milk
2/18	2/19	2/20	2/21	2/22
Mid-Winter Recess 2/18 - 2/22/19				
BREAKFAST 2/25 Pancakes & Turkey Sausage	BREAKFAST 2/26 UBR & Yogurt	BREAKFAST 2/27 Egg & Cheese Sandwich	BREAKFAST 2/28 Breakfast Pizza	BREAKFAST 3/1 WG Muffin & Cheese Stick
LUNCH Mozzarella Sticks w/ Dipping Sauce Italian Green Beans W.W. Dinner Roll Vegetable Bar Fruit Choices, Milk	LUNCH Philly Cheese Steak on WW Roll Curly Fries Vegetable Bar Fruit Choices Milk	LUNCH Beef Burrito w/ Salsa Black Beans Vegetable Bar Fruit Choices Milk	LUNCH Chicken Taco on WG Hard Shell Lettuce, Cheese, Salsa Black Beans Vegetable Bar Fruit Choices, Milk	LUNCH Popcorn Chicken Bowl (Chicken, Mashed Potatoes, Corn, & Gravy) W.W. Dinner Roll Vegetable Bar Fruit Choices, 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:
Salad Bar
Fresh and Canned Fruit
Assorted Sandwiches: PBJ, Tuna, Egg Salad, Turkey
Hummus Plate: Hummus, Flat Bread, Cheese Stick, & Veggie Sticks
Pizza
Milk - All Milk is Fat Free

All Grain Products are Whole Grain Rich

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

Please see reverse side of menu for additional offerings.

Menu subject to change.

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