





November



Hudson City School District
Cafeteria Menu - M.C.S. Intermediate School (Menu may vary by school.)
November, 2017

BREAKFAST 10/30	BREAKFAST 10/31	BREAKFAST 11/1	BREAKFAST 11/2	BREAKFAST 11/3
Mini-Bagels	Assorted Donuts	Ultimate Breakfast Round & Yogurt	French Toast Sticks	Breakfast Sandwich (Egg & Cheese on a Bagel)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
WG Chicken Nuggets Brown Rice Seasoned Carrots Fruit Choices Milk	All Beef Hot Dog on Whole Wheat Bun Tator Tots Vegetarian Baked Beans Fruit Choices, Milk	Meatball Sub on Whole Wheat Roll Tossed Salad Fruit Choices Milk	Chicken Taco on WG Tortilla Lettuce, Tomato, Cheese Corn, Salsa Fruit Choices, Milk	WG Stuffed Crust Pizza Veggie Sticks Fruit Choices Milk
BREAKFAST 11/6	BREAKFAST 11/7	BREAKFAST 11/8	BREAKFAST 11/9	11/10
Ultimate Breakfast Round & Cereal	Breakfast Pizza	Yogurt & Muffin	Breakfast Sandwich (Egg & Turkey Sausage on Bagel)	VETERANS DAY
LUNCH	LUNCH	LUNCH	LUNCH	No School
Cheeseburger on W.W. Bun Lettuce, Tomato, Pickle Oven Fries Veggie Sticks Fruit Choices Milk	"Brunch for Lunch" WG French Toast Sticks Turkey Bacon Hash Browns Fruit Choices Milk	WW Macaroni & Cheese Broccoli Fruit Choices Milk	Tony's WG "Smart" Pizza Cucumber Wheels Fruit Choices Milk	
BREAKFAST 11/13	BREAKFAST 11/14	BREAKFAST 11/15	BREAKFAST 11/16	BREAKFAST 11/17
Mini-Bagels	Ultimate Breakfast Round & Cereal	Yogurt & Muffin	Breakfast Sandwich (Egg & Cheese on Bagel)	Pancakes, Syrup
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
WG Mozzarella Sticks w/ Dipping Sauce Green Beans Fruit Choices Milk	WG Chicken & Cheese Quesadilla Corn, Salsa Fruit Choices Milk	Roasted Turkey w/ Gravy Mashed Potatoes WG Stuffing Corn Holiday Cookie Fruit Choices, Milk	1/2 DAY - ALL SCHOOLS No Lunch Served	WG Stuffed Crust Pizza Tossed Salad Greens Fruit Choices Milk
BREAKFAST 11/20	BREAKFAST 11/21	BREAKFAST 11/22	11/23	11/24
Breakfast Pizza	Ultimate Breakfast Round & Cereal	P B & J Wafer		
LUNCH	LUNCH	LUNCH	THANKSGIVING	RECESS
WG Chicken Nuggets Smiley Fries Seasoned Carrots Fruit Choices Milk	Tony's WG "Smart" Pizza Green Beans Fruit Choices Milk	1/2 DAY - ALL SCHOOLS No Lunch Served		
BREAKFAST 11/27	BREAKFAST 11/28	BREAKFAST 11/29	BREAKFAST 11/30	BREAKFAST 12/1
Ultimate Breakfast Round & Yogurt	Breakfast Sandwich (Egg & Turkey Bacon on Bagel)	Yogurt Bar w/ Grain & Fruit Toppings	Cereal & Muffin	Mini-Bagels
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Patty on Whole Wheat Bun Lettuce & Tomato Sweet Potato Fries Fruit Choices Milk	Ham & Cheese on WW Bagel Tator Tots Veggie Sticks Fruit Choices Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Lettuce & Tomato Black Beans Salsa Fruit Choices, Milk	Sloppy Joe on WW Roll Cole Slaw Veggie Sticks Fruit Choices Milk	WG Stuffed Crust Pizza Tossed Salad Greens Fruit Choices Milk

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.

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

Menu subject to change.

All grain products are whole grain rich.

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

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

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