



Hudson City School District

Cafeteria Menu - M.C.S. Intermediate School (Menu may vary by school)

January, 2018



1/1	BREAKFAST 1/2	BREAKFAST 1/3	BREAKFAST 1/4	BREAKFAST 1/5
	Cereal & Muffin	Assorted WG Donuts	Breakfast Pizza	Breakfast Sandwich
	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Holiday Recess <b>Happy New Year!</b>	WG Mozzarella Sticks w/ Dipping Sauce Green Beans Fruit Choices Milk	All Beef Hot Dog on Whole Wheat Bun Tator Tots Corn Fruit Choices, Milk	WG Chicken Tenders Smile Fries Whole Grain Biscuit Fruit Choices Milk	WG Stuffed Crust Pizza Tossed Salad Greens Fruit Choices Milk
BREAKFAST 1/8	BREAKFAST 1/9	BREAKFAST 1/10	BREAKFAST 1/11	BREAKFAST 1/12
Mini-Pancakes	Assorted WG Donuts	Yogurt Bar	Breakfast Pizza	Corn Muffin & Cheese Stick
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
WG Chicken Nuggets Mashed Potatoes Corn Fruit Choices Milk	Cheeseburger on W.W. Bun Lettuce & Tomato Sweet Potato Fries Vegetarian Baked Beans Fruit Choices, Milk	WW Spaghetti & Meatballs Tossed Salad Greens Fruit Choices Milk	"Brunch for Lunch" WG French Toast Sticks Hash Browns Turkey Sausage Veggie Sticks Fruit Choices, Milk	WG Stuffed Crust Pizza Tossed Salad Greens Fruit Choices Milk
1/15	BREAKFAST 1/16	BREAKFAST 1/17	BREAKFAST 1/18	BREAKFAST 1/19
Martin Luther King, Jr. Day	Ultimate Breakfast Round & Cereal	Yogurt & Muffin	Breakfast Pizza	French Toast & Turkey Sausage
School Closed	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>M.L.K. DAY!</b>	WG Mozzarella Sticks w/ Dipping Sauce Green Beans Fruit Choices Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Salsa & Corn Fruit Choices Milk	WG Popcorn Chicken Bowl Mashed Potatoes, Gravy, & Corn Whole Grain Biscuit Fruit Choices Milk	WG Veggie, Buffalo, or Cheese Pizza Vegetable Bar Fruit Choices Milk
BREAKFAST 1/22	BREAKFAST 1/23	BREAKFAST 1/24	BREAKFAST 1/25	BREAKFAST 1/26
Mini-Pancakes	Assorted WG Donuts	Yogurt Bar	Breakfast Pizza	Corn Muffin & Cheese Stick
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken Patty on Whole Wheat Bun Lettuce & Tomato Sweet Potato Fries Fruit Choices, Milk	WG Chicken Fajita Spanish Rice Salsa Fruit Choices Milk	Meatball Sub on Whole Wheat Roll Spinach White Beans Fruit Choices, Milk	Turkey Vegetable Soup 1/2 Grilled Cheese Sandwich on Whole Wheat Bread Green Beans Fruit Choices, Milk	Cheesy Stuffed Bread Sticks w/ Marinara Sauce Veggie Sticks Fruit Choices Milk

Available Daily:

- Pre-packed Chef Salad
- Fresh or Canned Fruit
- Assorted Sandwiches
- Milk - All Milk is Fat Free

All grain products are whole grain rich.

Please see reverse side of menu for additional offerings.

**Food Service Helper  
Substitutes Needed**

(on call, as needed) -  
Applications available  
in the Business Office

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

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

Menu subject to change.



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



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