



Hudson City School District



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

September, 2018

| 9/3 | 9/4 | BREAKFAST 9/5 | BREAKFAST 9/6 | BREAKFAST 9/7 |
|--|--|---|--|--|
| LABOR DAY | SUPERINTENDENT'S CONFERENCE DAY | WG Muffin & Cheese Stick | Breakfast Pizza | WG Donut |
| | | LUNCH | LUNCH | LUNCH |
| | | All Beef Hot Dog on Whole Wheat Bun Tator Tots Vegetable Bar Fruit Choices, Milk | Mozzarella Sticks w/ Dipping Sauce Garlic Bread Stick Vegetable Bar Fruit Choices, Milk | Buffalo Chicken Wrap Curly Fries Vegetable Bar Fruit Choices Milk |
| BREAKFAST 9/10 | BREAKFAST 9/11 | BREAKFAST 9/12 | BREAKFAST 9/13 | BREAKFAST 9/14 |
| Pancake w/ Turkey Sausage | WG Donut | Yogurt Bar | Breakfast Pizza | Breakfast Sandwich |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Chicken Nuggets Buttered Noodles Vegetable Bar Fruit Choices Milk | Cheeseburger on WW Bun Lettuce, Tomato, Onion Sweet Potato Fries Vegetable Bar Fruit Choices, Milk | Corn Tortilla Chips w/ Taco Meat & Cheese Black Beans Salsa Vegetable Bar Fruit Choices, Milk | Chicken Fried Rice Mini Egg Roll Vegetable Bar Fruit Choices Milk | Cheesy Stuffed Breadstick w/ Marinara Sauce Vegetable Bar Fruit Choices Milk |
| BREAKFAST 9/17 | BREAKFAST 9/18 | BREAKFAST 9/19 | BREAKFAST 9/20 | BREAKFAST 9/21 |
| French Toast w/ Turkey Sausage | Breakfast Sandwich | Yogurt Bar | Breakfast Pizza | WG Donut |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| All Beef Hot Dog on Whole Wheat Bun Tator Tots Vegetable Bar Fruit Choices, Milk | Popcorn Chicken Bowl Garlic Roll Vegetable Bar Fruit Choices Milk | Chicken Parmesan w/ WG Pasta & Sauce Vegetable Bar Fruit Choices Milk | Jamaican Beef Patty Creole Rice Vegetable Bar Fruit Choices Milk | Chicken Patty on Whole Wheat Bun Lettuce, Tomato, Onion Sweet Potato Fries Vegetable Bar Fruit Choices, Milk |
| BREAKFAST 9/24 | BREAKFAST 9/25 | BREAKFAST 9/26 | BREAKFAST 9/27 | BREAKFAST 9/28 |
| Pancake & Turkey Sausage | WG Donut | Yogurt Bar | Breakfast Pizza | Breakfast Sandwich |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Mozzarella Sticks w/ Dipping Sauce Garlic Bread Stick Vegetable Bar Fruit Choices, Milk | Beef Chili w/ Corn Muffin Vegetable Bar Fruit Choices Milk | Hard Shell Taco Bar w/ Chicken or Beef Lettuce, Cheese, Salsa Vegetable Bar Fruit Choices, Milk | Open Face Turkey Sandwich Mashed Potatoes & Gravy Vegetable Bar Fruit Choices Milk | Cheesy Stuffed Breadstick w/ Marinara Sauce 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
 Milk - All Milk is Fat Free

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

Menu subject to change.



All Grain Products are Whole Grain Rich

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