



Hudson City School District

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

September, 2018



9/3	9/4	BREAKFAST 9/5	BREAKFAST 9/6	BREAKFAST 9/7
<b>LABOR DAY</b> 	<b>SUPERINTENDENT'S CONFERENCE DAY</b> 	Cereal Bar	Bagel w/ Cream Cheese	Tasty Waffles
		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
		All Beef Hot Dog on Whole Wheat Bun Tator Tots Fruit Choices Milk	Mozzarella Sticks w/ Dipping Sauce Garlic Roll Cucumber Wheels Fruit Choices, Milk	Stuffed Crust Pizza Side Salad Local Apple Milk
BREAKFAST 9/10	BREAKFAST 9/11	BREAKFAST 9/12	BREAKFAST 9/13	BREAKFAST 9/14
WG Muffin & Cheese Stick	UBR & Yogurt	Mini-Pancake	Breakfast Pizza	Bagel w/ Cream Cheese
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken Nuggets Brown Rice Corn Fruit Choices Milk	Turkey Sub Pasta Salad Pickles Fruit Choices Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Black Beans Salsa Fruit Choices, Milk	"Brunch for Lunch" French Toast Sticks Turkey Sausage Patty Hash Browns Carrot Sticks Fruit Choices, Milk	Cheese Pizza Side Salad Local Apple Milk
BREAKFAST 9/17	BREAKFAST 9/18	BREAKFAST 9/19	BREAKFAST 9/20	BREAKFAST 9/21
WG Muffin & Cereal	WG Donut	Egg & Cheese Sandwich	French Toast Sticks	Bagel w/ Cream Cheese
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
All Beef Hot Dog on Whole Wheat Bun Tator Tots Fruit Choices Milk	Macaroni & Cheese Broccoli Florets Fruit Choices Milk	Spaghetti & Meat Sauce Garlic Roll Green Beans Fruit Choices Milk	Chicken Patty on Whole Wheat Bun Lettuce & Tomato Sweet Potato Wedges Fruit Choices, Milk	Cheese Pizza Side Salad Local Apple Milk
BREAKFAST 9/24	BREAKFAST 9/25	BREAKFAST 9/26	BREAKFAST 9/27	BREAKFAST 9/28
WG Muffin & Cheese Stick	WG Donut	Egg & Cheese Sandwich	Breakfast Pizza	Bagel w/ Cream Cheese
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Mozzarella Sticks w/ Dipping Sauce Garlic Roll Cucumber Wheels Fruit Choices, Milk	Cheeseburger on WW Bun Lettuce & Tomato Smiley Fries Fruit Choices Milk	Beef Taco on WG Soft Shell Lettuce, Cheese, Salsa Corn Fruit Choices, Milk	Chicken & Waffle Veggie Sticks Fruit Choices Milk	Cheese Pizza Side Salad Local Apple 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:  
 Pre-packed Chef 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

Menu subject to change.



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