



Hudson City School District
Cafeteria Menu - Jr./Sr. High School (Menu may vary by school.)
October, 2018

BREAKFAST 10/1	BREAKFAST 10/2	BREAKFAST 10/3	BREAKFAST 10/4	BREAKFAST 10/5
French Toast w/ Turkey Sausage	Breakfast Sandwich	Yogurt Bar	Breakfast Pizza	WG Donut
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Mashed Potatoes Vegetable Bar Fruit Choices Milk	"Double Dogs" (2 Hot Dogs on a Bun) Tator Tots Vegetable Bar Fruit Choices, Milk	Meatball Sub w/ Cheese on WW Roll Vegetable Bar Fruit Choices Milk	Hot Buffalo Chicken Wrap Sweet Potato Fries Vegetable Bar Fruit Choices Milk	Mozzarella Sticks w/ Dipping Sauce Garlic Bread Stick Vegetable Bar Fruit Choices, Milk
10/8	BREAKFAST 10/9	BREAKFAST 10/10	BREAKFAST 10/11	BREAKFAST 10/12
	WG Donut	Yogurt Bar	Breakfast Pizza	Breakfast Sandwich
Columbus Day	LUNCH	LUNCH	LUNCH	LUNCH
No School 	Cheesburger on WW Bun Lettuce, Tomato, Onion Curly Fries Vegetable Bar Fruit Choices, Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Black Beans Salsa Vegetable Bar Fruit Choices, Milk	Beef Chili w/ Corn Muffin Vegetable Bar Fruit Choices Milk	Chicken Patty on Whole Wheat Bun Lettuce, Tomato, Onion Sweet Potato Fries Vegetable Bar Fruit Choices, Milk
BREAKFAST 10/15	BREAKFAST 10/16	BREAKFAST 10/17	BREAKFAST 10/18	BREAKFAST 10/19
French Toast w/ Turkey Sausage	Breakfast Sandwich	Yogurt Bar	Breakfast Pizza	WG Donut
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Mozzarella Sticks w/ Dipping Sauce Garlic Bread Stick Vegetable Bar Fruit Choices, Milk	Jamaican Beef Patty Creole Rice Vegetable Bar Fruit Choices Milk	Chicken Parmesan w/ WG Pasta & Sauce Vegetable Bar Fruit Choices Milk	Popcorn Chicken Bowl Garlic Roll Vegetable Bar Fruit Choices Milk	Cheesy Stuffed Breadstick w/ Marinara Sauce Vegetable Bar Fruit Choices Milk
BREAKFAST 10/22	BREAKFAST 10/23	BREAKFAST 10/24	BREAKFAST 10/25	BREAKFAST 10/26
Pancake & Turkey Sausage	WG Donut	Yogurt Bar	Breakfast Pizza	Breakfast Sandwich
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Mashed Potatoes Vegetable Bar Fruit Choices Milk	Cheesburger on WW Bun Lettuce, Tomato, Onion Curly Fries 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	Meatball Sub w/ Cheese on WW 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
 Milk: All Milk is Fat Free

All grain products are whole grain rich.

Menu subject to change.



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