



January



Hudson City School District
Cafeteria Menu - Jr./Sr. High School (Menu may vary by school)
January, 2019

12/31	1/1	BREAKFAST 1/2	BREAKFAST 1/3	BREAKFAST 1/4
		WG Muffin & Cheese Stick	Breakfast Pizza	Cheese Omelet
		LUNCH	LUNCH	LUNCH
Holiday Recess	Holiday Recess Happy New Year!	Mozzarella Sticks w/ Dipping Sauce Dinner Roll Italian Green Beans Vegetable Bar Fruit Choices, Milk	Chicken Patty on Whole Wheat Bun Lettuce & Tomato Tator Tots Vegetable Bar Fruit Choices, Milk	Chicken Taco on WG Soft Shell Lettuce, Cheese, Salsa Black Beans Vegetable Bar Fruit Choices, Milk
BREAKFAST 1/7	BREAKFAST 1/8	BREAKFAST 1/9	BREAKFAST 1/10	BREAKFAST 1/11
Pancakes & Turkey Sausage	UBR & Yogurt	Egg & Cheese Sandwich	Breakfast Pizza	WG Muffin & Cheese Stick
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets Brown Rice Corn Vegetable Bar Fruit Choices, Milk	Beef Burrito w/ Salsa Black Beans Vegetable Bar Fruit Choices Milk	Chicken & Waffle Sweet Potato Fries Vegetable Bar Fruit Choices Milk	Philly Cheese Steak on WW Roll Curly Fries Vegetable Bar Fruit Choices, Milk	Jamaican Beef Patty Creole Rice Curried Carrots Vegetable Bar Fruit Choices, Milk
BREAKFAST 1/14	BREAKFAST 1/15	BREAKFAST 1/16	BREAKFAST 1/17	BREAKFAST 1/18
Pancakes & Turkey Sausage	UBR & Yogurt	Egg & Cheese Sandwich	Breakfast Pizza	Cheese Omelet
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Patty on Whole Wheat Bun Lettuce & Tomato Roasted Broccoli Vegetable Bar Fruit Choices, Milk	Popcorn Chicken Bowl (Chicken, Mashed Potatoes, Corn, & Gravy) Dinner Roll Vegetable Bar Fruit Choices, Milk	Corn Tortilla Chips w/ Taco Meat & Cheese Brown Rice Black Beans, Salsa Vegetable Bar Fruit Choices, Milk	Roast Turkey w/ Gravy & Stuffing Corn Vegetable Bar Fruit Choices, Milk	Chicken Parmesan w/ WG Pasta & Sauce Italian Green Beans Vegetable Bar Fruit Choices, Milk
BREAKFAST 1/21	BREAKFAST 1/22	BREAKFAST 1/23	BREAKFAST 1/24	BREAKFAST 1/25
Martin Luther King, Jr. Day	UBR & Yogurt	Egg & Cheese Sandwich	Breakfast Pizza	WG Muffin & Cheese Stick
School Closed	LUNCH	LUNCH	LUNCH	LUNCH
	Mozzarella Sticks w/ Dipping Sauce Dinner Roll Italian Green Beans Vegetable Bar Fruit Choices, Milk	Spaghetti & Meatballs Green Beans Vegetable Bar Fruit Choices Milk	Cheeseburger on WW Bun Lettuce, Tomato, Onion Curly Fries Vegetable Bar Fruit Choices, Milk	"Big Daddy's" Pizza Vegetable Bar Fruit Choices Milk
H.S. Testing Days - Lunch Available 10:30 a.m. - 12 noon - 1/22 - 1/25/19				

Breakfast Includes a Choice of Fresh Fruit, Juices, Cereals, Bagels, Milk, and the Daily Selection as Printed on the 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
 Pizza
 Milk - All Milk is Fat Free

All grain products are whole grain rich.

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

Please see reverse side of menu for additional offerings.

Menu subject to change.

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

