



**Hudson City School District**  
**Cafeteria Menu - Jr./Sr. High School**  
**September 1 - 30, 2010**

<b>Breakfast Prices:</b> Gr. Pre-K-2 \$1.10, Gr. 3-12 \$1.35 <b>Lunch Prices:</b> Gr. Pre-K-2 \$1.65, Gr. 3-12 \$2.00 All Reduced \$.25 <b>Prepayment Available</b>	<b>**Food Service Helper Substitutes Needed**</b> (on call, as needed) - <b>Applications available in the Business Office</b>	9/8	9/9	9/10
		<b>Breakfast Program Starts Monday, 9/13/10</b>		
		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
		<b>Chicken Nuggets w/ Dipping Sauce</b> Mashed Potatoes, Gravy Green Beans Fruit, Milk	<b>Hot Dog on a Bun</b> Vegetarian Baked Beans Potato Tots Fruit Milk	<b>"The Max" Stuffed Crust Pizza</b> <b>Regular or Pepperoni</b> Tossed Salad Greens Tortilla Chips, Salsa Fruit, Milk
<b>BREAKFAST 9/13</b>	<b>BREAKFAST 9/14</b>	<b>BREAKFAST 9/15</b>	<b>BREAKFAST 9/16</b>	<b>BREAKFAST 9/17</b>
Yogurt & Muffin	Breakfast Sandwich (Sausage, Egg, & Cheese)	French Toast Sticks	Colby Cheese Skillet Omelet & Toast	Assorted Bagels w/ Cream Cheese
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>"BOSCO" Cheese Sticks</b> <b>Regular or Jalapeno w/ Dipping Sauces</b> Pasta w/ Sauce Veggie Sticks, Fruit, Milk	<b>"Bluehawk Special!"</b> <b>Cheeseburger on a Bun</b> Lettuce, Tomato, Onion Oven Fries Fruit, Milk	<b>Spaghetti w/ Meatballs</b> Italian Bread Steamed Broccoli Fruit Milk	<b>Chicken Caesar Salad</b> Potato Wedges Fruit Milk	<b>"Big Daddy" Pizza</b> Tossed Salad Greens Onion Rings Fruit Milk
<b>BREAKFAST 9/20</b>	<b>BREAKFAST 9/21</b>	<b>BREAKFAST 9/22</b>	<b>BREAKFAST 9/23</b>	<b>BREAKFAST 9/24</b>
Breakfast Pizza	"Eggstravaganza" (Bacon, Eggs, & Cheese) w/ Toast	Cereal & Muffin	Breakfast Sandwich (Canadian Bacon, Egg, Cheese)	Flavored Mini-Pancakes
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>BBQ Pulled Pork on a Roll</b> Vegetarian Baked Beans Tortilla Chips, Salsa Fruit Milk	<b>Popcorn Chicken</b> Mashed Potatoes, Gravy Peas Fruit Milk	<b>Mini-Burgers (Sliders)</b> Seasoned Potato Rounds Veggie Sticks Fruit Milk	<b>"Deli Sandwich Day"</b> <b>Assorted Breads, Meats, Cheese, &amp; Toppings</b> Cole Slaw, Potato Chips Fruit Juice or Fruit, Milk	<b>"BOSCO" Stick Pizza</b> Potato Tots Steamed Carrots Fruit Milk
<b>Free/reduced meal applications are due by Tues., Sept. 29th</b>				
<b>BREAKFAST 9/27</b>	<b>BREAKFAST 9/28</b>	<b>BREAKFAST 9/29</b>	<b>BREAKFAST 9/30</b>	<b>BREAKFAST 10/1</b>
French Toast Sticks	Breakfast Pizza	Assorted Bagels w/ Cream Cheese	Yogurt & Sunflower Seeds	Scrambled Eggs, Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Chicken Nuggets w/ Dipping Sauce</b> Mashed Potatoes, Gravy Green Beans Fruit, Milk	<b>"Bluehawk Special"</b> <b>Cheeseburger on a Bun</b> Oven Fries Fruit Milk	<b>Teriyaki Chicken</b> Chinese Stir-Fry Vegetables Rice Fruit Milk	<b>"Walking TACO"</b> <b>(Seasoned Meat, Lettuce, Tomatoes, Cheese, Salsa Over Chips in a Bag)</b> Corn, Fruit, Milk	<b>"The Max" Stuffed Crust Pizza</b> <b>Regular or Pepperoni</b> Potato Salad Fruit Milk
<b>Featured Grab 'n Go Entrees:</b> <b>Monday - Hot Dog</b> <b>Tuesday - Chicken Patty</b> <b>Wednesday - Pizza</b> <b>Thursday - Hamburger/Cheeseburger</b> <b>Friday - Filet of Fish</b>		<b>Available Daily:</b> <b>PBJ or Tuna Salad Sandwiches</b> <b>Fresh or Canned Fruit</b> <b>Salad Bar and Assorted Sandwiches</b> <b>Milk - All Milk is Fat Free or Low-fat (1/2%-1%)</b>		Take advantage of our <b>FREE</b> and <b>REDUCED</b> breakfast and lunch programs. Please contact Catherine Drumm at 828-4360, Ext. 2104, for more information.

**Ala Carte Prices:**  
 Milk .40  
 Fruit Juice .50  
 Ice Cream .75  
 Frozen Juice Stick .75  
 (100% Frozen Juice)

**Please submit your free/reduced meal application before September 29!**

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

**Please see back of menu for "Teen Food & Fitness"**