



Hudson City School District

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



September 7 - 30, 2011

Breakfast Prices: Gr. Pre-K-2 \$1.10, Gr. 3-12 \$1.35 Lunch Prices: Gr. Pre-K-2 \$1.65, Gr. 3-12 \$2.00 All Reduced \$.25 Prepayment Available	**Food Service Helper Substitutes Needed** (on call, as needed) - Applications available in the Business Office		9/7	9/8	9/9
			School Breakfast Program Starts Monday, 9/12/11		
			LUNCH	LUNCH	LUNCH
			"Bluehawk Special" Cheeseburger on a Bun Lettuce, Tomato, Onion Oven Fries Fruit, Milk	Chicken Nuggets w/ Assorted Dipping Sauces Mashed Potatoes, Gravy Fruit Milk	"The Max" Stuffed Crust Pizza Tossed Salad Greens Tortilla Chips, Salsa Fruit Milk
BREAKFAST 9/12	BREAKFAST 9/13	BREAKFAST 9/14	BREAKFAST 9/15	BREAKFAST 9/16	
Yogurt & Muffin	French Toast Sticks	Assorted Bagels w/Cream Cheese	Breakfast Sandwich (Turkey Bacon, Egg, & Cheese)	Flavored Mini-Pancakes	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Chicken Patty on a Bun Lettuce, Tomato, Onion Seasoned Potato Rounds Fruit Milk	Tacos, Hard or Soft Shell Seasoned Meat Filling Lettuce, Salsa, Cheese Rice, Corn Fruit, Milk	Pancakes & Sausage Tator Tots Veggie Sticks Fruit Milk	"Chinese Take Out" Mandarin Orange Chicken Stir Fry Vegetables Fluffy Rice, Fortune Cookie Fruit, Milk	"Big Daddy's" Pizza Veggie Sticks Onion Rings Fruit Milk	
BREAKFAST 9/19	BREAKFAST 9/20	BREAKFAST 9/21	BREAKFAST 9/22	BREAKFAST 9/23	
Breakfast Pizza	Scrambled Eggs, Toast	Cereal & Muffin	French Toast Sticks	Yogurt & Sunflower Seeds	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
"Bluehawk Special" Cheeseburger on a Bun Lettuce, Tomato, Onion Smile Fries Fruit, Milk	Hot Dog on a Roll Macaroni & Cheese Green Beans Fruit Milk	Chicken Fajita Wrap Lettuce, Tomato, Cheese Low-fat Ranch Dressing Spanish Rice, Veggie Sticks Fruit, Milk	Spaghetti w/ Meat Sauce Garlic Bread Stick Steamed Broccoli Fruit Milk	French Bread Pizza Tator Tots Green Peas Fruit Milk	
Free/reduced meal applications are due by Wednes., Sept. 28th					
BREAKFAST 9/26	BREAKFAST 9/27	BREAKFAST 9/28	BREAKFAST 9/29	BREAKFAST 9/30	
Frittata Omelet w/ Cheddar Cheese	Breakfast Sandwich (Turkey Sausage, Egg, & Cheese)	Yogurt Bar	Breakfast Pizza	Strawberry/Banana Glazed French Toast	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Chicken Nuggets w/ Assorted Dipping Sauces Mashed Potatoes, Gravy Fruit Milk	Tacos, Hard or Soft Shell Seasoned Meat Filling Lettuce, Salsa, Cheese Rice, Corn Fruit, Milk	Grilled Cheese Sandwich Tomato Soup Veggie Sticks Fruit Milk	Hot Dog on a Roll Oven Fries Vegetarian Baked Beans Fruit Milk	"Big Daddy" Pizza Tossed Salad Greens Tortilla Chips, Salsa Fruit Milk	

****Salad Bar on Tuesdays and Thursdays****

Available Daily:

Take advantage of our **FREE** and **REDUCED** breakfast and lunch programs. Please contact Catherine Drumm at 828-4360, Ext. 2104, for more information.

Pre-packaged Salads - Mon., Wednes., and Friday



- PBJ, Tuna Salad, & Other Assorted Sandwiches
- Cook's Choice 2nd Entrée
- Fresh or Canned Fruit
- Milk - All Milk is Fat Free or Low-fat (1/2%-1%)

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

The prior year's free and reduced meal application will EXPIRE on Sept. 30, 2011.

Please submit a NEW free and reduced meal application by Sept. 28, 2011.

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 "Breakfast Facts"

Ala Carte Prices:

Milk .40
Fruit Juice .50
Ice Cream .75
Frozen Juice Stick .75
(100% Frozen Juice)

Breakfast Prices:

Gr. Pre-K-2 \$1.10, Gr. 3-12 \$1.35

Lunch Prices:

Gr. Pre-K-2 \$1.65, Gr. 3-12 \$2.00

All Reduced \$.25

Prepayment Available

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

Lunch Choices Include:

Menu As Printed
Fresh or Canned Fruit
Gr. 5-12: Assorted Salads
Gr. 5-12: 2nd Entrée
Gr. K-4: PB&J Sandwich

We urge all eligible students to
take advantage of our **FREE** and
REDUCED breakfast and lunch
programs. Please contact
Catherine Drumm at 828-4360,
Ext. 2104, for more information.

****Food Service Helper
Substitutes Needed**
(on call, as needed) -
Applications available
in the Business Office**

