



Hudson City School District
Cafeteria Menu - M.C.S. Intermediate School (menu may vary by school)

Feb. 1 - Feb. 29, 2012

<p>Breakfast Prices: Gr. K-2 \$1.10, Gr. 3-12 \$1.35 Lunch Prices: Gr. K-2 \$1.65, Gr. 3-12 \$2.00 All Reduced \$.25 Prepayment Available</p>	<p>Breakfast Includes a Choice of Fresh Fruit, Juices, Cereals, And the Daily Selection as Printed on the Breakfast Menu</p>	<p>BREAKFAST 2/1 Yogurt Bar w/ Assorted Fruit & Grain Toppings</p>	<p>BREAKFAST 2/2 Ultimate Breakfast Round & Cereal</p>	<p>BREAKFAST 2/3 Scrambled Eggs, Turkey Bacon, Toast</p>
		<p>LUNCH "Bluehawk Special" Cheeseburger on a Bun Lettuce, Tomato, Onion Sweet Potato Fries Fruit, Milk</p>	<p>LUNCH Spaghetti w/ Meat Sauce Tossed Salad Italian Bread Fruit Milk</p>	<p>LUNCH "Big Daddy's" Pizza or Filet of Fish Corn Tortilla Chips, Salsa Fruit, Milk</p>
		<p>BREAKFAST 2/6 Yogurt & Sunflower Seeds</p>	<p>BREAKFAST 2/7 Cereal & Muffin</p>	<p>BREAKFAST 2/8 Breakfast Pizza</p>
<p>LUNCH Chicken Nuggets Mashed Potatoes, Gravy Peas Fruit Milk</p>	<p>LUNCH Tacos, Hard or Soft Shell Seasoned Meat Filling Lettuce, Salsa, Cheese Rice, Corn Fruit, Milk</p>	<p>LUNCH Sliders (Mini-burgers w/ Cheese) Potato Puffs Sliced Carrots Fruit, Milk</p>	<p>LUNCH All Beef Hot Dog on a Bun Macaroni & Cheese Veggie Sticks Fruit Milk</p>	<p>LUNCH French Bread Pizza or Filet of Fish Onion Rings Veggie Sticks Fruit, Milk</p>
<p>BREAKFAST 2/13 Bagel w/ Cream Cheese</p>	<p>BREAKFAST 2/14 Yogurt & Muffin</p>	<p>BREAKFAST 2/15 Egg & Cheese on Muffin w/ Sausage Patty on Side</p>	<p>BREAKFAST 2/16 Pancakes, Syrup</p>	<p>BREAKFAST 2/17 Ultimate Breakfast Round & Cereal</p>
<p>LUNCH Chicken Patty on a Bun Lettuce, Tomato, Onion Mashed Potatoes, Gravy Fruit Milk</p>	<p>LUNCH Spaghetti w/ Meatballs Italian Bread Green Beans Dixie Cup Ice Cream Fruit, Milk Happy Valentine's Day</p>	<p>LUNCH Chicken Caesar Salad (Romaine Lettuce w/ Seasoned Chicken & Toppings) Seasoned Potato Rounds Fruit, Milk</p>	<p>LUNCH "Bluehawk Special" Cheeseburger on a Bun Lettuce, Tomato, Onion Potato Puffs Fruit, Milk</p>	<p>LUNCH "BOSCO Stick" Pizza or Filet of Fish Tossed Salad Tortilla Chips, Salsa Fruit, Milk</p>
<p>2/20 Presidents' Day </p>	<p>2/21</p>	<p>2/22</p>	<p>2/23</p>	<p>2/24 </p>
<p>Mid-Winter Recess 2/20 - 2/24/12</p>				
<p>BREAKFAST 2/27 Breakfast Pizza</p>	<p>BREAKFAST 2/28 French Toast, Syrup</p>	<p>BREAKFAST 2/29 Yogurt Bar w/ Assorted Fruit & Grain Toppings</p>	<p>**Salad Bar on Tuesdays and Thursdays** *Pre-packaged Salads - Mon., Wednes., and Friday*</p>	
<p>LUNCH All Beef Hot Dog on a Bun Potato Puffs Vegetarian Baked Beans Fruit Milk</p>	<p>LUNCH Mozzarella Sticks w/ Dipping Sauce Pasta Salad Carrot Sticks Fruit, Milk</p>	<p>LUNCH Chicken Nuggets Mashed Potatoes, Gravy Broccoli Fruit Milk</p>	<p>Available Daily: 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%)</p>	



Please see back of menu for wellness tips!



Ala Carte Prices:

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

Breakfast Prices:

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

Lunch Prices:

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

All Reduced \$.25

Prepayment Available

Breakfast Includes a Choice of Fresh Fruit, Juices, Cereals, 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.

Featured Grab 'n Go Entrees:

Monday - Hot Dog

Tuesday - Chicken Patty

Wednesday - Pizza

Thursday - Hamburger/Cheeseburger

Friday - Filet of Fish

****Food Service Helper Available Daily:**

Substitutes Needed**

(on call, as needed) -

Applications available
in the Business Office

PBJ or Tuna Salad Sandwiches

Fresh or Canned Fruit

Salad Bar and Sandwich Station

Milk - All Milk is Fat Free or Low-fat (1/2%-1%)

