



## **Hudson City School District**



## Cafeteria Menu - M.C.S. Elementary School September, 2019

9/2	9/3	BREAKFAST 9/4	BREAKFAST 9/5	BREAKFAST 9/6
		Bagel w/ Cream Cheese	Donut	Muffin
LABOR DAY	SUPERINTENDENT'S	TUNCH	LUNCH	LUNCH
LABOR DAT	CONFERENCE DAY	Chicken Nuggets	All Beef Hot Dog on	Cheese Pizza
***	CONFERENCE DAT	Brown Rice	Whole Wheat Bun	Garden Salad
	AND	Steamed Carrots	Vegetarian Beans	Fruit Choices
		Fruit Choices	Fruit Choices	Milk
		Milk	Milk	Willix
	Taga ho, and	Willix	THINK	
BREAKFAST 9/9	BREAKFAST 9/10	BREAKFAST 9/11	BREAKFAST 9/12	BREAKFAST 9/13
Bagel w/ Cream Cheese	Cinnamon Roll	Pancakes w/ Syrup	Mini-Bagels	Muffin
Dager w/ Oream Oncese	Omnamon Kon	Tancakes W/ Gyrup	Immi-Dageis	inainii
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Patty on	"Brunch for Lunch"	Corn Tortilla Chips w/	Buffalo Chicken Wrap	Cheese Pizza
Whole Wheat Bun	WG French Toast Sticks	Taco Meat & Cheese	Potato Chips	Garden Salad
Lettuce & Tomato	Turkey Sausage Patty	Black Beans	Veggie Sticks	Fruit Choices
Green Beans	Hash Brown Rounds	Salsa	Fruit Choices	Milk
Fruit Choices, Milk	Orange Wedges, Milk	Fruit Choices, Milk	Milk	
BREAKFAST 9/16	BREAKFAST 9/17	BREAKFAST 9/18	BREAKFAST 9/19	BREAKFAST 9/20
Bagel w/ Cream Cheese	French Toast	Yogurt Bar	Breakfast Sandwich	Muffin
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Nuggets	Cheeseburger on WW Bun	Mozzarella Sticks w/	Chicken & Waffles	Cheese Pizza
Brown Rice	Lettuce & Tomato	Dipping Sauce	Sweet Potato Fries	Garden Salad
Steamed Carrots	Tater Tots	Garlic Roll	Fruit Choices	Fruit Choices
Fruit Choices	Fruit Choices	Green Beans	Milk	Milk
Milk	Milk	Fruit Choices, Milk		
BREAKFAST 9/23	BREAKFAST 9/24	BREAKFAST 9/25	BREAKFAST 9/26	BREAKFAST 9/27
Bagel w/ Cream Cheese				
	Pancakes w/ Syrup	Ultimate Breakfast Round	Donut	Muffin
	Pancakes w/ Syrup	Ultimate Breakfast Round		
LUNCH	Pancakes w/ Syrup	Ultimate Breakfast Round	LUNCH	LUNCH
LUNCH Chicken Patty on	Pancakes w/ Syrup  LUNCH  Ham & Cheese on a Bagel	Ultimate Breakfast Round  LUNCH  Chicken & Cheese	LUNCH Meatball Sub on WW Roll	LUNCH Cheese Pizza
LUNCH Chicken Patty on Whole Wheat Bun	Pancakes w/ Syrup  LUNCH  Ham & Cheese on a Bagel  Pasta Salad	Ultimate Breakfast Round  LUNCH  Chicken & Cheese  Quesadilla	LUNCH  Meatball Sub on WW Roll  Veggie Sticks	LUNCH Cheese Pizza Garden Salad
LUNCH Chicken Patty on Whole Wheat Bun Lettuce & Tomato	Pancakes w/ Syrup  LUNCH  Ham & Cheese on a Bagel  Pasta Salad  Pickles	Ultimate Breakfast Round  LUNCH  Chicken & Cheese	LUNCH  Meatball Sub on WW Roll  Veggie Sticks  Fruit Choices	LUNCH Cheese Pizza Garden Salad Fruit Choices
LUNCH Chicken Patty on Whole Wheat Bun	Pancakes w/ Syrup  LUNCH  Ham & Cheese on a Bagel  Pasta Salad	Ultimate Breakfast Round  LUNCH  Chicken & Cheese  Quesadilla  Black Beans	LUNCH  Meatball Sub on WW Roll  Veggie Sticks	LUNCH Cheese Pizza Garden Salad
LUNCH Chicken Patty on Whole Wheat Bun Lettuce & Tomato Green Beans	Pancakes w/ Syrup  LUNCH  Ham & Cheese on a Bagel  Pasta Salad  Pickles  Fruit Choices	LUNCH Chicken & Cheese Quesadilla Black Beans Salsa	LUNCH  Meatball Sub on WW Roll  Veggie Sticks  Fruit Choices	LUNCH Cheese Pizza Garden Salad Fruit Choices

Available Daily for Lunch: Freshly Made Chef Salad Fresh and Canned Fruit

Assorted Sandwiches: Grilled Cheese, PBJ, Egg Salad, Fish

Hummus Plate: Hummus, Flat Bread, Cheese Stick, & Veggie Sticks

Milk

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



Menu subject to change.

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