





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 |
|---|---|---|---|---|
| LABOR DAY  | SUPERINTENDENT'S CONFERENCE DAY  | Bagel w/ Cream Cheese | Donut | Muffin |
| | | LUNCH | LUNCH | LUNCH |
| | | Chicken Nuggets Brown Rice Steamed Carrots Fruit Choices Milk | All Beef Hot Dog on Whole Wheat Bun Vegetarian Beans Fruit Choices Milk | Cheese Pizza Garden Salad Fruit Choices Milk |
| 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 |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Chicken Patty on Whole Wheat Bun Lettuce & Tomato Green Beans Fruit Choices, Milk | "Brunch for Lunch" WG French Toast Sticks Turkey Sausage Patty Hash Brown Rounds Orange Wedges, Milk | Corn Tortilla Chips w/ Taco Meat & Cheese Black Beans Salsa Fruit Choices, Milk | Buffalo Chicken Wrap Potato Chips Veggie Sticks Fruit Choices Milk | Cheese Pizza Garden Salad Fruit Choices 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 Brown Rice Steamed Carrots Fruit Choices Milk | Cheeseburger on WW Bun Lettuce & Tomato Tater Tots Fruit Choices Milk | Mozzarella Sticks w/ Dipping Sauce Garlic Roll Green Beans Fruit Choices, Milk | Chicken & Waffles Sweet Potato Fries Fruit Choices Milk | Cheese Pizza Garden Salad 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 |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Chicken Patty on Whole Wheat Bun Lettuce & Tomato Green Beans Fruit Choices, Milk | Ham & Cheese on a Bagel Pasta Salad Pickles Fruit Choices Milk | Chicken & Cheese Quesadilla Black Beans Salsa Fruit Choices, Milk | Meatball Sub on WW Roll Veggie Sticks Fruit Choices Milk | Cheese Pizza Garden Salad Fruit Choices Milk |

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.