

MIDDLE SCHOOL MENU

Hot Lunch = \$2.60, Reduced .40, includes Milk, Breakfast = \$1.75 & up, Milk = .50 Adult \$4.00

Make checks payable to: **Hudson School Lunch Program**

DID YOU KNOW THAT YOU CAN PAY ONLINE? WWW.K12PAYMENTCENTER.COM

October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Healthier school meals have Less Sodium & Trans Fats</p> 		<p>1</p> <p>Beefy Nacho Grande (let, tom, chs, salsa) Spanish rice & refried beans Mixed fruit cup Choice of milk</p>	<p>2</p> <p>PASTA PALOOZA WEDS. Asst. pasta choices Tossed green salad Garlic bread Peach cup Choice of milk</p>	<p>3</p> <p>Buffalo Chicken Dip Nacho chips Steamed broccoli Celery sticks & dip Applesauce Choice of milk</p>	<p>4</p> <p>Cheese Pizza Carrots & dip Sweet & Salty garbanzos Fresh fruit or juice Choice of milk</p>	 <p>ChooseMyPlate.gov</p>
<p>* NEW * Fresh & Hot Taco Tuesday Pasta Bar Weds Burger Bar Thurs</p>	<p>7</p> <p>Crispy chicken burger Sweet potato fries Steamed broccoli Chilled applesauce Choice of milk</p>	<p>8</p> <p>Ham & cheese sub Lettuce, tom, pickles, Veggies & dip, chips Diced bartlett pears Choice of milk</p>	<p>9</p> <p>Curly Mac & Cheese Green beans Tossed salad, Soft pretzel Peach slices Choice of milk</p>	<p>10</p> <p>Stuffed crust pizza Cucumber coins & dip Sweet & Salty garbanzos Fresh fruit choice or juice cup Choice of milk</p>	<p>11</p> <p>No School Teacher Workshop</p>	<p>Breakfast is Offered Daily Mini pancakes, cereal, fruit, yogurt, granola, milk, juice and a variety of other healthy items. Our yummy granola is made in house!</p>
<p>* SALADS * Classic, Greek, Chef, and Cobb Salads. Made fresh daily</p>	<p>14</p> 	<p>15</p> <p>Cheeseburger on WG roll Baked beans Savory carrots Seedless raisins Choice of milk</p>	<p>16</p> <p>Chicken alfredo penne Steamed broccoli Cheesy garlic stick Freestone peaches Choice of milk</p>	<p>17</p> <p>Beef and/or Bean burrito Lett, tom, chs, salsa Seasoned Rice, Fiesta corn Freshly baked snickerdoodle Chilled fruit cup Choice of milk</p>	<p>18</p> <p>Assorted Pizza Carrot sticks & dip Mixed fruit cup Choice of milk</p>	
<p>* Ready 4-U * Sandwiches Chicken wraps, Tuna, Classic club, asst. Deli sandwiches No waiting!</p>	<p>21</p> <p>Ham & Egg McHudson Emoji potatoes Peach slices or OJ Choice of milk</p>	<p>22</p> <p>Grilled Cheese Tomato soup & celery sticks Sweet & salty garbanzos Chilled apple sauce Choice of milk</p>	<p>23</p> <p>Rotini with meat sauce Toasted garlic bread Mixed green salad Mixed fruit cocktail Choice of milk</p>	<p>24</p> <p>Chef's Choice Choice of milk</p>	<p>25</p> <p>Papa Gino's pizza Carrot sticks w/dip Fruit options or Juice Choice of milk</p> 	
<p>Healthier school meals have Fat-Free & Low-Fat Milk</p> 	<p>28</p> <p>Hot Dog on WG bun Roasted swt potatoes Yummy edamame Chilled applesauce Choice of milk</p>	<p>29</p> <p>Fish taco Cole slaw Cilantro rice and black beans Warm apple crisp Choice of milk</p>	<p>30</p> <p>American chop suey Bread & butter Steamed carrots Mixed fruit cup Choice of milk</p>	<p>31</p> <p>Tarantula Legs (chicken strips) Skeleton Teeth (kernel corn) Witches Broom (bread stick) Scarecrow eyeballs (red grapes) Goblin Good Cake Magic Potion (strawb milk)</p>	<p>1</p> <p>Wild Mike's Pizza Bites Tossed green salad Steamy hot vegetables Seasonal fruit Choice of milk</p>	<p>* NEW * Breakfast Fruit Smoothies now available</p>

This institution is an equal opportunity provider. Esta institución es un proveedor que ofrece igualdad de oportunidades.

All Menus are subject to change without notice.