

Menus for January

**Hudson Falls Central School District
Secondary 6-12**

This institution is an equal opportunity provider.

Available Daily

PBJ Sandwich w/string cheese
High School: Chicken or Cheese Burgers

January 3-6

Chicken & Lettuce Wrap
Hot Wing Salad W/ Blue Cheese & Roll

January 9-13

Turkey Sandwich
Southwest Salad & Chips

January 17-20

Yogurt, String Cheese & Pretzel
General Tso Noodle Salad

January 23-27

Egg Salad Boat
BBQ Ranch Chicken Salad

January 30-31

Chicken & Lettuce Wrap
Chicken Caesar Salad W/ Croutons

Featured Specials of the Day



Welcome Back!
We hope you
enjoyed your break!

Tuesday, January 3

Popcorn Chicken W/ Sweet & Sour Sauce OR Corn Dog
Mashed Potatoes & Gravy, Glazed Carrots & Fruit

Wednesday, January 4

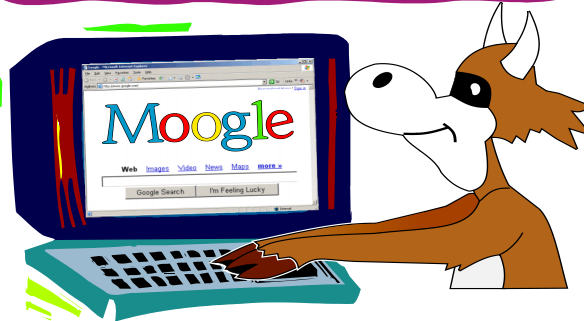
Cheeseburger on Bun w/ Ketchup OR Chicken Pot Pie
Potato Smiles, Green Broccoli & Fruit

Thursday, January 5

Cheese Pizza or Pizza Sticks w/ Sauce OR BBQ Rib on Bun
Corn, Carrots & Fruit

Friday, January 6

Toasted Ham & Cheese OR Cheese Sandwich
OR Meatball Sub
Tomato Soup, Green Beans & Fruit



Choice of milk served with all meals:
1% Chocolate
1% White, Skim White

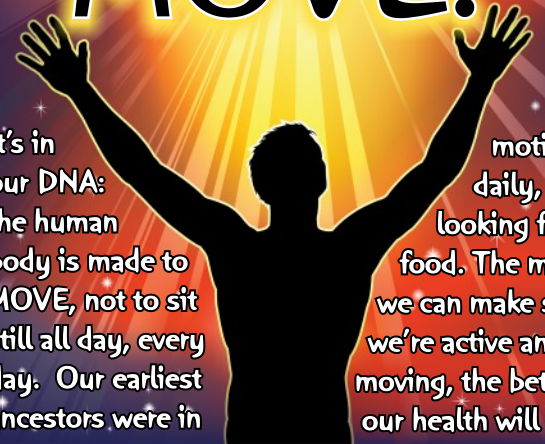
**MY
SCHOOL
BUCKS**

Prepay online!
mySchoolBucks.com

Breakfast \$1.00
Lunch \$2.05

MOVE!

It's in
our DNA:
the human
body is made to
MOVE, not to sit
still all day, every
day. Our earliest
ancestors were in



motion
daily,
looking for
food. The more
we can make sure
we're active and
moving, the better
our health will be.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, January 9

Chicken Nuggets W/ BBQ sauce dip w/ Rice
OR Stuffed Shells
Tender Peas, Sweet Potato Fries & Fruit

Tuesday, January 10

Cheese Stuffed Twister Stick & Meatballs OR
Turkey & Provolone Pretzel Melt
Dark Green Broccoli, Corn & fruit

Wednesday, January 11

Turkey & Gravy over Mashed Potatoes, Roll & Margarine
OR Beef & Rice Burrito
Cauliflower, Glazed Carrots, Fruit & Pudding

Thursday, January 12

Cheese or Buffalo Wing Pizza OR Pizza Sticks w/Sauce
OR Chicken Burger on Bun w/optional Ketchup or Mayo
Pizza Sauce Dip, Dark Green Broccoli, Fresh Veggies & Fruit

Friday, January 13

Hot Dog & Bun w/optional Meat Sauce
OR Fish Fillet on Bun w/Tarter Sauce
Green Beans, Bush's Best Baked Beans & Fruit

Featured Specials of the Day

Monday, January 16

School will be closed on Monday, January 16 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 17

Tacos, Salsa, Rice OR BBQ Rib Burger on Bun
Dark Green Broccoli, Refried Beans & Fruit

Wednesday, January 18

Cheeseburger on Bun w/ Ketchup
OR Grilled Chicken Burrito
French Fries, Glazed Carrots & Fruit

Thursday, January 19

Cheese or Pepperoni Pizza OR Pizza Sticks
w/ Sauce OR Corn Dog w/ Ketchup
Dark Green Broccoli, Corn & Fruit

Friday, January 20

Toasted Ham & Cheese OR Toasted Cheese Sandwich
OR Chicken Nuggets w/ BBQ Sauce
Homemade Soup, Green Beans & Fruit



DON'T LET THIS HAPPEN TO YOU!

EVEN BEFORE SHE TOOK THE FIRST BITE, SAM SUSPECTED THAT THE SANDWICH SHE HAD QUICKLY GRABBED THAT MORNING MIGHT HAVE COME FROM JUST

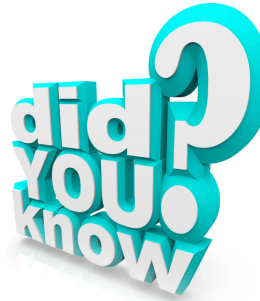
A LITTLE TOO FAR BACK IN THE FRIDGE.

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

MEATBALL SUB ON
WHOLE GRAIN SUB ROLL
OVEN-BAKED FRENCH FRIES
FRESH ORANGE
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 682
CALORIES FROM PROTEIN: 17%
CAL. FROM CARBOHYDRATES: 57%
CALORIES FROM FAT: 26%
GOAL: 30% OR LESS FAT CALORIES

Regents are
January 24-27.
Breakfast and Lunch is
available. Special
Menu will be
provided. See
cafeteria for details.



Featured Specials of the Day

Monday, January 23

Mozzarella Sticks w/Pizza Sauce Dip
(9-12) W/ Breadstick

OR Cheeseburger on Bun w/ Ketchup
Glazed Carrots, Green Beans & Fruit

Tuesday, January 24

Macaroni & Meat Sauce W/ Garlic Bread
OR Bagel Melt

Dark Green Broccoli, Corn & Fruit

Wednesday, January 25

Pancakes & Sausage W/ Syrup

OR Cheese Filled Twister Stick w/ Sauce
Hash Brown Potatoes, Glazed Carrots & Fruit

Thursday, January 26

Cheese or Veggie Supreme Pizza or Pizza Sticks w/dip
OR Fish Fillet on Bun

Tender Peas, Fresh Veggies & Fruit

Friday, January 27

Chicken Burger on Bun w/ BBQ sauce

OR Cheeseburger Wrap

Sweet Potato Fries, Bush's Best Baked Beans & Fruit

Monday, January 30

Nacho Bowl, Salsa & Rice OR Crazy Cheese Bread w/ Sauce
Refried Beans, Green Beans & Fruit

Tuesday, January 31

Popcorn Chicken w/ Sweet & Sour Sauce

OR Corn Dog w/ Ketchup

Mashed Potatoes & Gravy, Glazed Carrots & Fruit

kids these days

AGES 18-29

42% READ

38% WATCH

19% LISTEN

30-49

40% READ

39% WATCH

20% LISTEN

50-64

29% READ

52% WATCH

17% LISTEN

65+

27% READ

58% WATCH

10% LISTEN

Ever hear an adult lament that "Kids these days don't read!" *Yeah, whatever.* A 2016 study by Pew Research found that, at least when it comes to consuming news, the **exact opposite** is true: younger people **prefer** to get their news in text form rather than watching TV or listening to the radio. **Reading is the preferred news-gathering method for 42% of young adults**, compared to just 27% of seniors. Of course, the **preferred medium** is different – the younger you are, the more likely that you read your news from a **screen**, rather than from a **newspaper**.

Please see reverse for items available daily



YOU LOVE IT. WE HAVE IT. SO COME 'N GET IT.

Fresh Prepared Salads Daily
High School
Fresh Salad Bar Daily