



# Highland Falls Intermediate School

January 2019

Sandwiches Available  
with or without cheese

- Turkey
- Ham
- Salami
- PB&J

## More info...

All meals come with a choice of  
Grain, Protein, Fruit, Vegetable &  
Low Fat White and Fat Free  
chocolate milk available.

If you have a dietary restriction,  
please let us know!

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This institution is an equal opportunity provider.

**1**

**Lunch** \$2.85  
**Reduced Meal** \$ .25

**Did you know?**  
Lunch consist of a choice of Meat/Meat alternative, grain, fruit, vegetable and milk. Students must take 2 items plus a fruit or

**2**

**3**

**Chicken Nuggets with a whole grain breadstick**  
Green Beans,  
Tater Tots  
Oranges  
Choice of Milk

**4**

**Tacos**  
Served with cheese and salsa  
WG Rice, Garbanzo Beans,  
Mixed Fruit,  
Choice of Milk

**5**

**Assorted Pizza**  
Baby Carrots, Spinach,  
Fruit Cup,  
Choice of Milk

**6**

**WG Sweet & Sour Chicken over Whole Grain Seasoned Rice**  
Broccoli  
Pears  
Choice of Milk

**7**

**Macaroni & Beef**  
(Pasta with Ground Beef, peppers, onions and tomato Sauce) w/whole grain breadstick  
Bread Stick, Carrots  
Red & Green Pepper Strips

**8**

**Popcorn Chicken Raider Bowl**  
Mashed Potatoes w/Gravy,  
Corn  
BBQ Baked Beans  
Fruit Cup,  
Choice of Milk

**9**

**FUEL SPECIAL**  
**Disco Fries (French Fries with Beef, Cheese and Gravy)**  
Cucumber Slices  
Applesauce,  
Choice of Milk

**10**

**Assorted Pizza**  
Peas  
Diced Pears  
Choice of Milk

**11**

**Chicken Parmesan with Spaghetti**  
Broccoli  
Fruit Cup  
Choice of Milk

**12**

**Nachos w/Salsa and Cheese**  
Corn, Roasted Garbanzo Beans  
Pears,  
Choice of Milk

**13**

**Brunch for Lunch French Toast w/Sausage**  
Hash Browns, Apple  
Choice of Milk

**14**

**Chicken Tenders With Cornbread**  
Mashed Potatoes w/Gravy,  
Broccoli  
Peaches  
Choice of Milk

**15**

**Assorted Pizza**  
Baby Carrots, Cucumber Slices  
Applesauce,  
Choice of Milk

**16**

**No School**  
 MARTIN LUTHER KING JR. DAY

**17**

**Penne Pasta with Meatballs**  
Garlic Bread, Green Beans,  
Orange Slices  
Choice of Milk

**18**

**Orange Chicken (Popcorn Chicken in Orange Sauce served with Rice)**  
Broccoli  
Applesauce Cup  
Choice of Milk

**19**

**Macaroni & Cheese**  
Whole Grain Dinner Roll, Baby Carrots and Celery Sticks  
Apple  
Choice of Milk

**20**

**Assorted Pizza**  
Baked Beans  
Corn  
Applesauce,  
Choice of Milk

**21**

**Meatball Parm Sub**  
Buttered Carrots,  
Applesauce,  
Choice of Milk

**22**

**Soft or Hard-shell Tacos**  
Whole Grain Rice  
Corn  
Fresh Apple

**23**

**Spaghetti Carbonara**  
Whole Grain Bread Stick,  
Cucumber slices, Spinach  
Peaches

**24**

**Chicken Nuggets w/whole grain dinner roll**  
French Fries,  
BBQ Baked Beans  
Pears

**25**

*You can prepay for your students meals by sending a check made out to Highland Falls School District or going to PayPams.com*  
**Any Questions?**  
Please call our Food Service



# HFFMIS/JOHS Breakfast January 2019

## Items Offered Daily

Breakfast – \$1.25/.25 reduced

WG Bagel with Cream Cheese or Butter, Assorted Muffins, Reduced Sugar Cereal w/cheese stick, Yogurt w/cheese Stick, Pop Tart with Cheese Stick

Cupped Fruit and Fruit Juice offered with every meal

FF Chocolate & 1% White Milk available daily

Breakfast includes an Entrée, Fruit, 100% Juice and a choice of Milk

Don't forget: If your student is eligible for free or reduced lunch, they will also receive free or reduced breakfast!!!

**1**  
**Sausage, Egg & Cheese on WG Bun**  
Juice, Fruit  
Choice of Milk

**2**  
**Breakfast Pizza**  
Juice, Fruit  
Choice of Milk

**3**  
**CinniMinnies**  
Juice, Fruit  
Choice of Milk

**4**  
**Whole Grain French Toast Sticks w/Syrup**  
Juice, Fruit  
Choice of Milk

**7**  
**Whole Grain Donut**  
Juice, Fruit  
Choice of Milk

**8**  
**Whole Grain French Toast with Syrup**  
Juice, Fruit  
Choice of Milk

**9**  
**Sausage, Egg & Cheese on WG Bun**  
Juice, Fruit  
Choice of Milk

**10**  
**Apple Frudel**  
Juice, Fruit  
Choice of Milk

**11**  
**Scrambled Egg & Hashbrowns**  
Juice, Fruit  
Choice of Milk

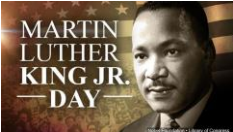
**14**  
**CinniMinnies**  
Juice, Fruit  
Choice of Milk

**15**  
**WG Pancakes with Syrup**  
Juice, Fruit  
Choice of Milk

**16**  
**Waffles with Syrup**  
Juice, Fruit  
Choice of Milk

**17**  
**Bacon Egg & Cheese Sandwich**  
Juice, Fruit  
Choice of Milk

**18**  
**French Toast Sticks**  
Juice, Fruit  
Choice of Milk

**21**  
  
NO SCHOOL

**22**  
**Bacon Egg and Cheese wrap**  
Juice, Fruit  
Choice of Milk

**23**  
**Breakfast Burrito**  
Juice, Fruit  
Choice of Milk

**24**  
**Whole Grain Donut**  
Juice, Fruit  
Choice of Milk

**25**  
**Mini Pancakes**  
Juice, Fruit  
Choice of Milk

**28**  
**Fruit Frudel**  
Juice, Fruit  
Choice of Milk

**29**  
**Breakfast Pizza**  
Juice, Fruit  
Choice of Milk

**30**  
**Waffles with Syrup**  
Juice, Fruit  
Choice of Milk

**31**  
**Scrambled Egg & Hashbrowns**  
Juice, Fruit  
Choice of Milk

**Any Questions? Contact our Food Service Director  
Kathy Coakley At 446-4914 ext 2890**

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