

Monument Valley Regional Middle School – Lunch Menu for October 2018

Mass Farm to Schools Harvest of the Month – October – Pears

Lunch \$2.50

Reduced Lunch \$0.40







Additional Lunch Choices available daily include:

- Salad Entrée,
- Fresh Deli Sandwiches,
- Fruit & Yogurt Parfait
- Or PBJ
- Tues – Barilla Whole Grain Pasta

ALL Lunches include an 8 oz. 1% Low Fat Milk or Fat Free Chocolate Milk

ALL Lunches include Fresh Fruits and Vegetables

ALL Pastas, Breads & Rolls are Whole Grain or Whole Wheat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken Patty Sandwich Fresh Pears 	2 Clam Roll	3 Meatloaf Mashed Potatoes w/Gravy	4 Stuffed Crust Pizza	5 Macaroni & Cheese WW Dinner Roll	6
7	8 Columbus Day Holiday 	9 Meatball Grinder	10 BBQ Chicken Breast Long Grain & Wild Rice	11 Pasta Bar – Marinara, Meat or Alfredo Sauce	12 Grilled Cheese Sandwich	13
14	15 All Beef Hot Dog or Veggie Dog	16 Chicken or Eggplant Parmesan WG Pasta	17 Baked Potato Bar w/Cheese Sauce & Broccoli	18 Pizza Bar – Cheese, Pepperoni, Veggie, Hawaiian or BBQ Chicken	19 Philly Cheese Steak Sandwich	20
21	22 Breakfast for Lunch Egg Sandwich Pear Parfait 	23 Quiche WW Dinner Roll	24 Beef Tacos Rice Apple Churro	25 Stuffed Crust Pizza	26 Half Day of School	27
28	29 Chicken Nuggets	30 Fish Sandwich	31 Happy Halloween Ghoulash & WW Dinner Roll 			

FRESH FRUIT & VEGETABLE OFFERINGS VARY DAILY

FRUITS INCLUDE: Apples, Bananas, Oranges, Pears, Strawberries, Pineapple, Cantaloupe, Honey Dew Melon, Watermelon, Plums, Peaches, Grapes, Mango & Kiwi

VEGETABLES INCLUDE: Broccoli, Squash, Carrots, Cauliflower, Cucumbers, Celery, Tomatoes, Peppers, Potatoes, Mesclun Greens & Chickpeas

If you have questions regarding the Food Service Department: Menu, On-line Payment Info, Free & Reduced Meal Benefits, Allergy concerns or any issues please contact - KATHY SULLIVAN – Director of Food Service (413)644-2325 or (855)255-8666 or Kathy.sullivan@bhrsd.org