

Monument Valley Regional Middle School – Lunch Menu for November 2018
Mass Farm to Schools Harvest of the Month – November - Kale

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 Pizza Bar – Cheese, Pepperoni, Veggie, Hawaiian or BBQ Chicken	2 Philly Cheese Steak Sandwich	3
4	5 BBQ Chicken Wrap	6 Full Day In-Service No School	7 Salisbury Steak Mashed Potatoes w/Gravy	8 Pasta Bar – Marinara, Meat or Alfredo Sauce	9 All Beef Hot Dog or Veggie Dog	10
11	12 Veteran's Day Holiday No School 	13 Fish Sandwich	14 Grilled Cheese Sandwich Kale & Sausage Soup 	15 Stuffed Crust Pizza	16 Hamburger, Cheeseburger or Veggie Burger	17
18	19 Breakfast for Lunch Cereal & Yogurt	20 Chicken Patty Sandwich	21 Thanksgiving Day Holiday – No School 	22 Thanksgiving Day Holiday – No School 	23 Thanksgiving Day Holiday – No School 	24
25	26 Chicken Nuggets	27 Meatball Grinder	28 Cheese Lasagna WW Dinner Roll	29 Pizza Bar – Cheese, Pepperoni, Veggie, Hawaiian or BBQ Chicken	30 BBQ Pork Sandwich	

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@bhrs.org