

Monument Valley Regional Middle School – Lunch Menu for December 2018

Mass Farm to Schools Harvest of the Month – December - Carrots

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**

FRESH FRUIT &

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Philly Cheese Steak Sandwich	4 Fish Sandwich	5 Stuffed Crust Pizza	6 Beef Tacos Rice	7 Chicken Nuggets	8
9	10 All Beef Hot Dog or Veggie Dog	11 Chicken or Eggplant Parmesan WG Pasta	12 Holiday Luncheon Roast Turkey, Mashed Potatoes, Fresh Carrots, Dinner Roll 	13 Pizza Bar – Cheese, Pepperoni, Veggie, Hawaiian, or BBQ Chicken	14 Half Day of School	15
16	17 Breakfast for Lunch French Toast & Yogurt	18 WG Pasta & Meatballs	19 Chicken Patty Sandwich	20 Stuffed Crust Pizza	21 Half Day of School Holiday Break Begins 	22
23	24 Holiday Break 	25 Holiday Break 	26 Holiday Break 	27 Holiday Break 	28 Holiday Break 	29
30	31 Holiday Break 					

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