

Monument Valley Regional Middle School – Lunch Menu for January 2019
Mass Farm to Schools Harvest of the Month – January - Apples
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 New Year's Day 	2 Chicken Patty Sandwich Applesauce 	3 Stuffed Crust Pizza	4 Philly Cheese Steak Sandwich	5
6	7 Breakfast for Lunch Egg Sandwich Yogurt	8 Fish Sandwich	9 Marinated Breast of Chicken Long Grain & Wild Rice	10 Pizza Bar – Cheese, Pepperoni, BBQ Chicken, Veggie	11 Half Day of School	12
13	14 Hamburg, Cheeseburg or Veggie Burger Fresh Apples 	15 Chicken or Eggplant Parmesan WG Pasta	16 Meatloaf Mashed Potatoes w/Gravy	17 Pasta Bar – Marinara, Meat or Alfredo Sauce	18 BBQ Pork Sandwich	19
20	21 No School Martin Luther King Jr. Holiday 	22 Meatball Grinder	23 Macaroni & Cheese WW Dinner Roll	24 Stuffed Crust Pizza	25 Chicken Nuggets Apple Slices 	26
27	28 All Beef Hot Dog or Veggie Dog	29 Clam Roll	30 Baked Stuffed Shells WW Dinner Roll	31 Pizza Bar – Cheese, Pepperoni, BBQ Chicken, Veggie		

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