

Muddy Brook Regional Elementary School – Lunch Menu for November 2015
Mass Farm to Schools Harvest of the month for November – KALE



~ November 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 End of Daylight Savings Time	2 Turkey Burgers Kale Chips 	3 No School – Full Day In-Service Election Day	4 Salisbury Steak Mashed Potatoes w/Gravy	5 WG Pasta Bar w/Marinara, Meat or Alfredo Sauce	6 Popcorn Chicken Sweet Potato Fries	7
8	9 Philly Cheese Steak Sandwich Oven Fries	10 Chicken or Eggplant Parm WG Pasta	11 No School Veterans Day Holiday	12 Ham & Cheese Grinder	13 Stuffed Crust Pizza Fresh Kale Salad 	14
15	16 Chicken Patty Sandwich Smiley Fries	17 Meatball Grinder	18 Marinated Chicken Breast Kale & Bean Soup 	19 Fish Sandwich	20 Half Day of School No Lunch Served	21
22	23 Upside Down Day Cereal & Yogurt	24 All-Beef Hot Dog	25 Happy Thanksgiving	26 Happy Thanksgiving	27 Happy Thanksgiving	28
29	30 Cheese Pizza					

Additional Lunch Choices available daily include:
Salad Entrée,
Fresh Deli Sandwiches,
Fruit & Yogurt Parfait
Or PBJ
Tues/Thurs – 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 & 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, Mesculin 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