

Muddy Brook Regional Elementary School – Lunch Menu for October 2017
Mass Farm to Schools Harvest of the Month for October - Pears

Lunch \$2.25 Reduced Lunch \$0.40











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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Nuggets Sweet Potato Fries	3 Fresh Pear & Mandarin Orange Salad over Mixed Greens 	4 Salisbury Steak Mashed Potatoes w/Gravy	5 Bologna & Cheese Grinder	6 Stuffed Crust Pizza Mad Hatter Day 	7
8	9 Columbus Day Holiday 	10 Fish Sticks Tater Tots	11 Hot Turkey Sandwich Fresh Pears 	12 Philly Cheese Steak Sandwich	13 Cheese Ravioli WW Dinner Roll	14
15 World Students Day 	16 All Beef Hot Dog Potato Wedges	17 Chicken or Eggplant Parmesan & WG Pasta	18 BBQ Breast of Chicken Corn Bread	19 WG Pasta & Meatballs	20 Cheese Pizza	21
22	23 Upside Down Day WG Waffle Sticks Pear Parfait 	24 Turkey & Cheese Grinder	25 Hamburg/Cheeseburger Smiley Fries	26 Pork Riblet Sandwich	27 District In-Service Half Day of School	28
29	30 Chicken Patty Sandwich	31 Ghoulash 	October is National Breast Cancer Awareness Month 			

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