

Muddy Brook Regional Elementary School – Lunch Menu for November 2017

Mass Farm to Schools Harvest of the Month for November - Kale

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 Salisbury Steak Mashed Potatoes w/Gravy	2 Fish Sandwich	3 Grilled Cheese Sandwich Kale & Sausage Soup  Sandwich Day 	4
5	6 Cheese Pizza	7 Full Day In-Service No School	8 Baked Stuffed Shells WW Dinner Roll	9 Hamburger or Vegan Kale Burger Smiley Fries 	10 Veteran's Day Holiday 	11
12	13 Upside Down Day WG Cereal & Yogurt World Kindness Day 	14 Chicken or Eggplant Parmesan WG Pasta	15 Macaroni & Cheese WW Dinner Roll	16 Meatball Grinder	17 Philly Cheese Steak Sandwich	18
19	20 All Beef Hot Dog Kale Salad w/Apples & Cheddar 	21 Stuffed Crust Pizza	22 Thanksgiving Day Holiday Break 	23 Thanksgiving Day Holiday Break 	24 Thanksgiving Day Holiday Break 	25
26	27 Chicken Nuggets Chick Pea Salad	28 Ham & Cheese Grinder	29 Marinated Breast of Chicken Butternut Squash	30 Clam Roll		

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**