

**Berkshire Hills Regional School District – Lunch Menu for September/October 2020**


**Muddy Brook Elementary Lunch \$2.25 Monument Valley Middle \$2.50 Monument Mtn. H.S \$2.50 All Schools Reduced Lunch \$0.40**

**Additional Lunch Choices:**  
**Mon/Thurs – Deli Sandwich**  
**Tues/Fri - Salad Entrée or Yogurt Parfait**  
**Mon/Tues/Thurs/Fri – Sunbutter & Jelly Sandwich**

**ALL Lunches include an 8 oz. 1% Low Fat Milk or Fat Free Chocolate Milk**

**ALL Lunches include Fruits and Vegetables**

**ALL Pastas, Breads & Rolls are Whole Grain or Whole Wheat**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Cheese Pizza	29 Hamburger	30 REMOTE LEARNING DAY	1 BBQ Pork Riblet Sandwich	2 Grilled Cheese Sandwich	3
4	5 All Beef Hot Dog or Veggie Dog	6 Stuffed Crust Pizza	7 REMOTE LEARNING DAY	8 Philly Cheese Steak Sandwich	9 Chicken Patty Sandwich	10
11	12 Columbus Day Holiday 	13 Chicken Patty Sandwich	14 REMOTE LEARNING DAY	15 All Beef Hot Dog or Veggie Dog	16 Stuffed Crust Pizza	17
18	19 Cheese Pizza	20 Fish Sandwich	21 REMOTE LEARNING DAY	22 WG Pasta w/Marinara	23 Half Day of School	24
25	26 WG Pasta w/Marinara	27 Chicken Nuggets	28 REMOTE LEARNING DAY	29 Cheese Pizza	30 Fish Sandwich	31 

**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@bhrs.org](mailto:Kathy.sullivan@bhrs.org) THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**