

## Berkshire Hills Regional School District – Lunch Menu for December 2020

**All Schools – Breakfast & Lunch are Free to all students**








**Additional Lunch Choices:**

**Deli Sandwich or  
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
	<b>30</b> Stuffed Crust Pizza	<b>1</b> Fish Sandwich	<b>2</b> REMOTE LEARNING DAY	<b>3</b> Chicken Nuggets	<b>4</b> BBQ Riblet Sandwich	<b>5</b>
<b>6</b>	<b>7</b> Philly Cheese Steak Sandwich	<b>8</b> Marinated Breast Chicken Rice	<b>9</b> REMOTE LEARNING DAY	<b>10</b> Baked Stuffed Shells w/WW Dinner Roll	<b>11</b> Hamburger	<b>12</b>
<b>13</b>	<b>14</b> Grilled Cheese Sandwich	<b>15</b> All Beef Hot Dog or Veggie Dog	<b>16</b> REMOTE LEARNING DAY	<b>17</b> WG Pasta w/Marinara	<b>18</b> Cheese Pizza	<b>19</b>
<b>20</b>	<b>21</b> Breakfast for Lunch French Toast & Yogurt	<b>22</b> Chicken Patty Sandwich	<b>23</b> REMOTE LEARNING DAY	<b>24</b> Winter Break 	<b>25</b> Winter Break 	<b>26</b> Winter Break 
<b>27</b> Winter Break 	<b>28</b> Winter Break 	<b>29</b> Winter Break 	<b>30</b> Winter Break 	<b>31</b> Winter Break 		

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