

## Berkshire Hills Regional School District – Lunch Menu for October 2021

**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
					1 Cheese Pizza	2
3	4 Chicken Patty Sandwich	5 Philly Cheese Steak Sandwich	6 Salisbury Steak Mashed Potatoes w/Gravy	7 Baked Ziti WG Dinner Roll	8 Stuffed Crust Pizza	9
10	11  Columbus Day Holiday	12 All Beef Hot Dog or Veggie Dog	13 Marinated Breast of Chicken Long Grain & Wild Rice	14 Fish Sandwich	15 Meatball Grinder	16
17	18 Hamburg, Cheeseburg or Veggie Dog	19 WG Macaroni & Cheese	20 Half Day of School (In-Service)	21 Chicken Nuggets	22 Cheese Pizza	23
24	25 Grilled Cheese Sandwich	26 Cheese Lasagna WG Dinner Roll	27 Beef Tacos Apple Churro	28 Clam Roll	29 Stuffed Crust Pizza	30
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**