

## Berkshire Hills Regional School District – Lunch Menu for November 2022

*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>1</b> Clam Roll	<b>2</b> Chicken Patty Sandwich	<b>3</b> Meatball Grinder	<b>4</b> Cheese Pizza	<b>5</b>
<b>6</b>	<b>7</b> Breakfast for Lunch WG Waffles & Yogurt	<b>8</b> No School Full Day In-Service	<b>9</b> Salisbury Steak Mashed Potatoes w/Gravy	<b>10</b> Chicken Parmesan & WG Pasta	<b>11</b> Veteran's Day Holiday 	<b>12</b>
<b>13</b>	<b>14</b> Hamburg, Cheeseburg or Veggie Burger	<b>15</b> Fish Sandwich	<b>16</b> Pulled Pork Sandwich	<b>17</b> Baked Ziti WW Dinner Roll	<b>18</b> Stuffed Crust Pizza	<b>19</b>
<b>20</b>	<b>21</b> Chicken Nuggets	<b>22</b> Cheese Calzone	<b>23</b> Thanksgiving Holiday 	<b>24</b> Thanksgiving Holiday 	<b>25</b> Thanksgiving Holiday 	<b>26</b> Thanksgiving Holiday 
<b>27</b> Thanksgiving Holiday 	<b>28</b> Beef Hot Dog or Veggie Dog	<b>29</b> Grilled Cheese Sandwich	<b>30</b> Marinated Breast of Chicken Long Grain & Wild Rice			

**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 questions 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**