

Berkshire Hills Regional School District – Lunch Menu for February 2023

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 Marinated Chicken Long Grain & Wild Rice	2 Fish Sticks	3 Cheese Pizza	4
5	6 Chicken Patty Sandwich	7 Meatball Grinder	8 Half Day of School	9 Hot Open Faced Turkey Sandwich	10 Cheese Calzone	11
12	13 Breakfast for Lunch Egg Sandwich on WG Bagel	14 Chicken Parmesan WG Pasta	15 Salisbury Steak Mashed Potatoes w/Gravy	16 BBQ Pork Riblet Sandwich	17 Stuffed Crust Pizza	18 School Vacation 
19 School Vacation 	20 School Vacation 	21 School Vacation 	22 School Vacation 	23 School Vacation 	24 School Vacation 	25 School Vacation 
26 School Vacation 	27 Chicken Nuggets	28 Pulled Pork Sandwich				

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@bhrrsd.org **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**