

Berkshire Hills Regional School District – Lunch Menu for May 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 All Beef Hot Dog or Veggie Dog	2 Philly Cheese Steak Sandwich	3 Baked Macaroni & Cheese WW Dinner Roll	4 Chicken Parmesan WG Pasta	5  Stuffed Crust Pizza	6
7	8 Hamburg, Cheeseburg or Veggie Burger	9 Fish Sandwich	10 Half Day of School	11 Baked Ziti WW Dinner Roll	12 Cheese Pizza	13
14	15 Chicken Patty Sandwich	16 Pulled Pork Sandwich	17 Salisbury Steak Mashed Potatoes w/Gravy	18 Clam Roll	19 Cheese Calzone	20
21	22 Breakfast for Lunch WW Pancakes Yogurt	23 Meatball Grinder	24 Grilled Cheese Sandwich	25 BBQ Pork Riblet Sandwich	26 Stuffed Crust Pizza	27
28	29 	30 Chicken Nuggets	31 Beef Tacos Rice	FRIDAY MAY 5TH IS NATIONAL SCHOOL LUNCH HERO DAY		

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 **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER****