

Berkshire Hills Regional School District – Lunch Menu for October 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	2 Hamburg, Cheeseburg or Veggie Burger	3 Fish Sandwich	4 Cheese Lasagna WW Dinner Roll	5 Salisbury Steak Mashed Potatoes w/Gravy	6 Cheese Pizza	7
8	9 Indigenous Peoples Day Holiday - No School	10 Breakfast for Lunch Egg & Cheese on WW Bagel Yogurt	11 Beef Tacos	12 Chicken Parmesan WG Pasta	13 Stuffed Crust Pizza	14
15	16 Chicken Nuggets Oven Fries	17 Meatball Grinder	18 Half Day of School	19 Philly Cheese Steak Sandwich	20 Cheese Calzone	21
22	23 All Beef Hot Dog or Veggie Dog	24 Chicken Patty Sandwich	25 Grilled Cheese Sandwich	26 Clam Roll	27 Stuffed Crust Pizza	28
29	30 BBQ Pulled Pork Sandwich	31  Ghoulash				

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**