

Berkshire Hills Regional School District – Lunch Menu for November 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 Breast of Chicken Long Grain & Wild Rice	2 Fish Sandwich	3 Cheese Pizza	4
5	6 Hamburg, Cheeseburg or Veggie Burger	7 No School Full Day In-Service	8 Macaroni & Cheese WW Dinner Roll	9 Chicken Nuggets Oven Fries	10 Veteran's Day Holiday  No School	11
12	13 BBQ Pork Riblet Sandwich	14 Grilled Cheese Sandwich	15 Meatloaf Mashed Potatoes w/Gravy	16 Chicken Parmesan WG Pasta	17 Stuffed Crust Pizza	18
19	20 Breakfast for Lunch WW Waffles Yogurt	21 Chicken Patty Sandwich	22 Thanksgiving Holiday No School 	23 Thanksgiving Holiday No School 	24 Thanksgiving Holiday No School 	25
26	27 All Beef Hot Dog or Veggie Dog	28 Clam Roll	29 Baked Ziti	30 Philly Cheese Steak 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@bhrs.org THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER