

Berkshire Hills Regional School District – Lunch Menu for January 2024

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  New Year's Day No School	2 Chicken Patty Sandwich	3 Baked Ziti	4 Fish Sandwich	5 Cheese Pizza	6
7	8 All Beef Hot Dog or Veggie Dog	9 BBQ Pork Riblet Sandwich	10 Marinated Breast of Chicken Long Grain & Wild Rice	11 Meatball Grinder	12 Cheese Calzone	13
14	15  Martin Luther King Jr. Day No School	16 Clam Roll	17 Chicken Parmesan WG Pasta	18 Philly Cheese Steak Sandwich	19 Stuffed Crust Pizza	20
21	22 Egg & Cheese on WW English Muffin Yogurt	23 Salisbury Steak Mashed Potatoes w/Gravy	24 Half Day of School	25 Pulled BBQ Pork Sandwich	26 Cheese Pizza	27
28	29 Hamburger, Cheeseburger or Veggie Burger	30 Chicken Nuggets	31 Grilled Cheese 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@bhrsd.org **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**