

## Berkshire Hills Regional School District – Lunch Menu for January 2025

**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
			<b>1</b> New Year's Day Holiday 	<b>2</b> Chicken Patty Sandwich	<b>3</b> Cheese Pizza	<b>4</b>
<b>5</b>	<b>6</b> Breakfast for Lunch French Toast Sticks Yogurt	<b>7</b> Fish Sandwich	<b>8</b> Baked Macaroni & Cheese WW Dinner Roll	<b>9</b> Meatball Grinder	<b>10</b> Cheese Calzone	<b>11</b>
<b>12</b>	<b>13</b> All Beef Hot Dog or Veggie Dog Oven Fries	<b>14</b> Grilled Cheese Sandwich	<b>15</b> Half Day of School	<b>16</b> Chicken Parmesan WG Pasta	<b>17</b> Stuffed Crust Pizza	<b>18</b>
<b>19</b>	<b>20</b> Martin Luther King, Jr. Holiday 	<b>21</b> Baked Ziti WW Dinner Roll	<b>22</b> Salisbury Steak Mashed Potatoes w/Gravy	<b>23</b> Chicken Nuggets Sweet Potato Fries	<b>24</b> Cheese Pizza	<b>25</b>
<b>26</b>	<b>27</b> Hamburger, Cheeseburger or Veggie Burger	<b>28</b> Philly Cheese Steak Sandwich	<b>29</b> Cheese Lasagna WW Dinner Roll	<b>30</b> Fish Sticks Smiley Fries	<b>31</b> Cheese Calzone	

**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:

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](mailto:Kathy.sullivan@bhrsd.org)

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