

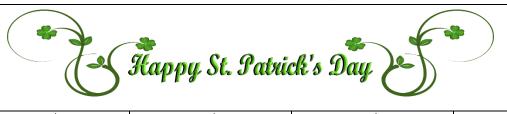


March 2019

Lunch Menu Grades K-12



John Tranfaglia Food Service Director (413) 684-1307 Jtranfaglia@cbrsd.org





1st

Dr. Seuss Day

(WG) Pizza w/ Pepperoni

Steamed Brocolli

Diced Peaches

			υ- <b>-</b> _	Ice Cream Sandwich
4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	
(WG) Chicken Nuggets	(WG) Chicken Quesadilla	Shepard's Pie (K-8)	(WG) French Toast	8 <sup>th</sup>
Steamed Carrots	Seasoned Rice and Beans	(Beef, Corn, Mash. Potato, gravy)	Sticks	Half Day of School
Brown Rice	Marinated Chic Peas (HS)	Sloppy Joe (HS Only)	Hash Browns	Breakfast is Served
Apple Sauce	Steamed Green Beans	Tossed Salad	Sausage Patty	
	Mixed Fruit	Dinner Roll, Fresh Apple	Oj, Strawberry Cups	
11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>
Hot Dog (WG) Roll	Chicken Fajita	Macaroni & Cheese (K-8)	Popcorn Chicken Bites	Cheeseburger (WG) Roll
Vegetarian Beans	Seasoned Rice	Meatball Grinder (HS)	Oven Fries	Baked Chips
Mixed Fruit	Steamed Corn	Steamed Broccoli	Steamed Green Beans	Steamed Carrots
	Diced Pears	Bread Stick	Fresh Apple	Sliced Peaches
		Pineapple Chunks		
18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>s†</sup>	22 <sup>nd</sup>
(WG) Chicken Parmesan	BBQ Pulled Pork Sand (K-8)	Beef Goulash	(WG) Grilled Cheese	(WG) French Bread Pizza
Sandwich	Buffalo Chicken Wrap (HS)	Steamed Green Beans	and Tomato Soup	Tossed Salad
Steamed Corn	Baked Chips	Dinner Roll	Steamed Broccoli	Steamed Peas
Brown Rice	Steamed Corn Cole Slaw	Fresh Apple	Diced Peaches	Diced Pears
Diced Pears	Mixed Fruit			
25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>
(WG) Mozzarella Sticks	Taco Bowl	Baked Potato	Melted Ham & Cheese	(WG) Cheese Calzone
Marinara Sauce	(Corn, Rice, Taco Meat,	Chili or Cheese Sauce	(WG) Croissant	Marinara Sauce, Oven Fries
Steamed Corn	Tortilla Chips)	Steamed Broccoli	Baked Chips	Steamed Peas
Oven Fries	Mixed Vegetables	Pineapple Chunks	Cole Slaw	Diced Pears
Mixed Fruit	Churros		Diced Peaches	

Alternative Lunch Options:

**Elementary Schools Alternative Options:** 

Tuna Fish Sandwich (WG) Bread Cheese Sandwich (WG) Bread SunButter & Jelly (PEANUT FREE) Nessacus Middle School Alternative Options:

Bagel Bar w/ Cream Cheese Large Salad, Peanut Butter & Jelly Sandwich

Milk is Available Everyday – 1% White, Fat Free Chocolate

Fresh Fruit or Canned Fruit Available Everyday

Wahconah High School Alternative Options:

Salad Bar, Bagel Bar, Cheese Pizza, Chef's Choice

MENU IS SUBJECT TO CHANGE

School Lunch Prices - Paid \$2.25 / Reduced \$.40, Breakfast- Paid \$1.50 / Reduced \$.30

**Breakfast** is available for **ALL** Central Berkshire Regional District students.

Breakfast Menu

Fruit, Choice of Cereal, Choice of Milk Orange Juice **Student Account and Balance Information** 

We offer "My School Bucks" a convenient and secure online payment/parent information portal.

Go to <a href="https://www.myschoolbucks.com">www.myschoolbucks.com</a> to sign up for a free account.

Use this account to view your child's purchases and to review your students balance (Free Service)

If you choose you can make an online payment (\$2.49 Charge per Transaction)

Any child who qualifies for the free or reduced meal program may select a milk to be part of a complete meal. If a child who qualifies for free or reduced meals would like milk WITHOUT a complete meal (Milk Only), the child must pay full price for the milk.

CBRSD charging policy restricts the purchase of a la carte items (milk included) only if a student's account has a negative balance. No full meal will ever be restricted or altered. The cost of a milk is \$.40

(WG) = Items that are at least 50% Whole Grain products

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