

Central Berkshire Regional Schools

August / September 2019

Director of Food Services
John Tranfaglia
(413) 684-1307
jtranfaglia@cbrsd.org

August 26th No School In-service Day	August 27th <u>Orientation Day</u> <u>PreK, K, 6 & 9</u> Cheese Pizza Steamed Green Beans Mixed Fruit	August 28th <u>First Day of School</u> Cheeseburger (WG) Roll Baked Chips Steamed Carrots Sliced Pears	August 29th (WG) French Toast Sticks Hash Browns Sausage Patty OJ, Strawberry Cups	August 30th (WG) Cheese Pizza Steamed Broccoli Sliced Peaches
September 2nd Labor Day NO SCHOOL	3rd (WG) Chicken Patty on a (WG) Roll Oven Fries Steamed Carrots Mixed Fruit	4th (WG) Grilled Cheese & Tomato Soup Steamed Corn Sliced Pears	5th Hot Dog on a (WG) Roll Vegetarian Beans Steamed Green Beans Fresh Apples	6th (WG) French Bread Pizza Tossed Salad Steamed Broccoli Diced Peaches
9th (WG) Mozzarella Sticks & Marinara Sauce Steamed Peas Pineapple Chunks	10th Popcorn Chicken Bites(WG) Oven Fries Steamed Carrots Mixed Fruit	11th (WG) Pasta & Meatballs (WG) Garlic Bread Tossed Salad Sliced Pears	12th (WG) Mini Turkey & Cheese on (WG) Roll Baked Chips Cole Slaw Apple Sauce	13th Early Release Day
16th (WG) Chicken Nuggets Steamed Peas Brown Rice Mandarin Oranges	17th Melted Ham & Cheese (WG) Croissant Oven Fries Baby Carrots Mixed Fruit	18th (WG) Popcorn Chicken Bowl Mashed Potatoes/Gravy Steamed Corn Sliced Pears	19th Taco Salad Lettuce, Tomato, Salsa Mozz Cheese Three Bean Salad Fresh Apple	20th (WG) Personal Pizza Rounds Steamed Broccoli Diced Peaches
23rd Cheeseburger (WG) Roll Baked Chips Steamed Peas Pineapple Chunks	24th (WG) Chicken Patty Sandwich (WG) Roll Steamed Carrots Mixed Fruit	25th Beef Goulash (WG) Dinner Roll Steamed Corn Sliced Pears	26th Hot Dog on a (WG) Roll Vegetarian Beans Steamed Green Beans Apple Sauce	27th (WG) Cheese Pizza Steamed Broccoli Sliced Peaches
30th (WG) Mozzarella Sticks & Marinara Sauce Steamed Peas Mandarin Oranges				

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

Wahconah High School Alternative Options:

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

MENU IS SUBJECT TO CHANGE

Milk is Available Everyday – 1% White, Fat Free Chocolate Baby Carrots, Three Bean Salad, Fresh Fruit or Canned Fruit Available Everyday

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 www.myschoolbucks.com 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) = Whole Grain products

USDA is an equal opportunity provider and employer.