

Monument Valley Regional Middle School – Lunch Menu for November 2019

Mass Farm to Schools Harvest of the Month – November - Kale

Lunch \$2.50

Reduced Lunch \$0.40



**Additional Lunch Choices
available daily include:**

**Salad Entrée,
Fresh Deli Sandwiches,
Fruit & Yogurt Parfait
Or PBJ**

**Tues – Barilla Whole
Grain Pasta**

**ALL Lunches include an
8 oz. 1% Low Fat Milk
or Fat Free Chocolate Milk**

**ALL Lunches include Fresh Fruits
and Vegetables**

**ALL Pastas, Breads & Rolls are
Whole Grain or Whole Wheat**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 BBQ Chicken Wrap	2
3	4 Chicken Patty Sandwich Kale & Brussel Sprout Chips 	5 Full Day In-Service No School	6 Meatloaf Mashed Potatoes w/Gravy	7 Stuffed Crust Pizza	8 Hot Open Faced Turkey Sandwich	9
10	11 Veteran's Day Holiday No School 	12 Chef Salad w/Ham, Turkey, Cheese HB Egg & WW Dinner Roll	13 Marinated Breast of Chicken Long Grain & Wild Rice	14 Pizza Bar – Cheese, Pepperoni, Veggie, BBQ Chicken	15 Hamburger, Cheeseburger or Veggie Burger	16
17	18 All Beef Hot Dog or Veggie Dog Portuguese Kale Soup 	19 Chicken or Eggplant Parmesan WG Pasta	20 Baked Macaroni & Cheese	21 Stuffed Crust Pizza	22 Philly Cheese Steak Sandwich	23
24	25 Breakfast for Lunch WG Waffles Yogurt	26 Chicken Nuggets	27 Thanksgiving Holiday No School 	28 Thanksgiving Holiday No School 	29 Thanksgiving Holiday No School 	30

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 issues 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**