



*Part of the Mohawk Trail
Regional School System.*

Breakfast served
everyday.

Salad Bar Lunch
Option Available

**Jennifer Shaw
Cafe Manager
Jess Torrey
Café Assistant**

Apply for free/reduced
priced meals at any time.

Phone: 413-625-2521
Fax: 413-625-2034

Although we strive to
provide exactly what is
on our printed menus
they are subject to
change due to
supply shortages or
other unforeseeable
events. Thank you for
your
Understanding

The USDA and this
institution are equal
opportunity providers
and
employers



6 Hamburger
Cheese, Lettuce & Tomato
Fries
Fruit
Milk

7 No School

*Professional
Development*

1 Cheese Breadsticks
Marinara Sauce
Mixed Vegetables
Fruit
Milk

**2 Chicken Patty
Sandwich**
Fries
Carrots & Celery
Fruit
Milk
*Release 12:30
No Salad Bar*

3 Fish Nuggets
WG Roll
Fries
Peas
Fruit
Milk
*Release 12:30
No Salad Bar*

13 Hot Dogs
WG Bun
Baked Beans
Carrot and Celery
Fruit
Milk

14 Chicken Nuggets
WG Roll
Mashed Potatoes
Corn
Fruit
Milk

**15 Turkey
Sandwich**
Cheese, Lettuce & Tomato
Three Bean Salad
Fruit
Milk
No Salad Bar

16 Meatball Sub
Baked Chips
Carrots & Celery
Fruit
Milk

**17 Grilled Cheese
Sandwich**
Tomato Soup
Carrots & Celery
Hummus
Fruit
Milk

20 Turkey Gravy
WG Roll
Mashed Potato
Green Beans
Fruit
Milk

21 Soft Taco
WG Tortilla
Cheese, Lettuce & Tomato
Refried Beans
Fruit
Milk

**22 Sun Butter Jelly
Sandwich**
Baked Chips
Carrots & Celery
Fruit
Milk
*Release 12:30
No Salad Bar*

23 No School

*Thanksgiving
Day*

24 No School

**27 Warm
Ham & Cheese**
On Croissant
Baked Chips
Carrots & Celery
Fruit
Milk
No Salad Bar

28 Mac N Cheese
WG Roll
Green Beans
Fruit
Milk
No Salad Bar

29 Nachos
WG Chips
Cheese, Lettuce & Tomato
Refried Beans
Fruit
Milk

**30 Spaghetti
W/ Meat Sauce**
WG Roll
Garden Side Salad
Fruit
Milk