



*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

**3 Chicken Patty
Sandwich**
Fries
Corn Salad
Fruit
Milk

**4 Tuna
Sandwich**
Lettuce & Tomato
Baked Chips
Carrots & Celery
Fruit
Milk

5 Hot Dogs
WG Bun
Baked Beans
Carrot and Celery
Fruit
Milk
Release 1:50

6 Cheese Pizza
Garden Side Salad
Fruit
Milk
NO SALAD BAR

**7 Sun Butter Jelly
Sandwich**
Baked Chips
Three Bean Salad
Fruit
Milk

NO SALAD BAR

**10 Indigenous
People's
Day**

No School

11 Hamburger
Cheese, Lettuce & Tomato
Fries
Fruit
Milk

12 Mac N Cheese
WG Roll
Green Beans
Fruit
Milk

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

14 Ham & Cheese
Lettuce & Tomato
Baked Chips
Carrots & Celery
Fruit
Milk

**17 Turkey
Sandwich**
Cheese, Lettuce & Tomato
Three Bean Salad
Fruit
Milk

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

**19 Grilled Cheese
Sandwich**
Tomato Soup
Carrots & Celery
Fruit
Milk
Release 1:50

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

21 Cheese Pizza
Garden Side Salad
Fruit
Milk

24 Meatball Sub
Baked Chips
Carrots & Celery
Fruit
Milk

25 Turkey Gravy
WG Roll
Mashed Potato
Green Beans
Fruit
Milk

26 Cheese Ravioli
Broccoli
Fruit
Milk
Release 1:50

27 Chicken Nuggets
Fries
Carrots w/ Hummus
Fruit
Milk

**28 Bologna
Sandwich**
Baked Chips
Carrots & Celery
Hummus
Fruit
Milk

Fall Fun Friday

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

