

# October 2022

## Colrain Central School

Colrain, MA

Part of the Mohawk Trail Regional  
School District

Tina Crossman - Manager  
tcrossman@mtrsd.org

Phone:  
413-624-3451 ext 217

Apply for free/reduced  
priced meals at any  
time. Inquire in the  
office

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 the MDESE  
are equal opportunity pro-  
viders and  
employers

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatball Grinder Cheez-its & Veggie Cup Fruit & Milk	4 Taco's & Rice Fruit & Milk	5 Mac & Cheese Broccoli & Roll Fruit & Milk <b>1:50 Dismissal</b>	6 "Vermonters" Waffle, Ham, Apple & Cheese Fruit & Milk	7 Cheese Sticks w/ Marinara Sauce & Veggie Cup Fruit & Milk
10 <b>NO SCHOOL</b>	11 Sloppy Joes Tator-tots & Veggie Cup Fruit & Milk	12 Chicken Nuggets Mashed Potato w/Gravy Veggie Cup Fruit & Milk	13 Potato Bites Chili, Broccoli & Cheese Fruit & Milk	14 Fish Sandwich Apple Slaw Fruit & Milk
17 Nacho's Meat, Cheese & Veggies Fruit & Milk	18 Hamburger Helper Veggie Cup Fruit & Milk	19 Chicken Parm w/ Noodles Veggie Cup Fruit & Milk <b>1:50 Dismissal</b>	20 Chicken & Gravy Mashed Potatoes & Carrots Fruit & Milk	21 Hot Dogs Tator-tots & Veggie Cup Fruit & Milk
24 Breakfast for Lunch Fruit & Milk	25 Meatballs & Noodles Veggies, Fruit & Milk	26 Grilled Cheese Tomato Soup & Veggie Sticks Fruit & Milk <b>1:50 Dismissal</b>	27 Shepherd's Pie Mashed Potato & Corn Fruit & Milk	28 Cheeseburger Chips & Veggie Cup Fruit & Milk
31 Chicken Nuggets French Fries Veggie Cup Fruit & Milk				