

## Monument Mountain Regional High School – Lunch Menu for January 2019

### Mass Farm to Schools Harvest of the Month – January - Apples

**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
		<b>1</b> New Year's Day 	<b>2</b> Chicken Patty Sandwich Applesauce 	<b>3</b> Stuffed Crust Pizza	<b>4</b> BBQ Pork Sandwich	<b>5</b>
<b>6</b>	<b>7</b> All Beef Hot Dog or Veggie Dog	<b>8</b> Clam Roll	<b>9</b> Salisbury Steak Mashed Potatoes w/Gravy	<b>10</b> Pizza Bar – Cheese, Pepperoni, BBQ Chicken, Veggie & Hawaiian	<b>11</b> Half Day of School	<b>12</b>
<b>13</b>	<b>14</b> Breakfast for Lunch Egg Sandwich Yogurt	<b>15</b> Chicken or Eggplant Parmesan WG Pasta	<b>16</b> Beef or Veggie Tacos Rice	<b>17</b> Pasta Bar – Marinara, Meat or Alfredo Sauce	<b>18</b> Philly Cheese Steak Sandwich	<b>19</b>
<b>20</b>	<b>21</b> No School Martin Luther King Jr. Holiday 	<b>22</b> Meatball Grinder	<b>23</b> Macaroni & Cheese WW Dinner Roll	<b>24</b> Stuffed Crust Pizza	<b>25</b> Chicken Nuggets	<b>26</b>
<b>27</b>	<b>28</b> Hamburg, Cheeseburg or Veggie Burger Apple Slices 	<b>29</b> Fish Sandwich	<b>30</b> Baked Stuffed Shells WW Dinner Roll	<b>31</b> Pizza Bar – Cheese, Pepperoni, BBQ Chicken, Veggie & Hawaiian		

#### 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@bhrsd.org](mailto:Kathy.sullivan@bhrsd.org)