



Central Berkshire Regional Schools

Grades K-12 Lunch Menu / October 2018



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October, 1st (WG) Chicken Nuggets Honey Mustard/ BBQ Sauce Dinner Roll Mixed Vegetables Sliced Pears	2nd (WG) Rotini & Meatballs Romaine Salad Yellow Beans Garlic Bread Fresh Apple	3rd Hot Dog / (WG) Roll Oven Fries Vegetarian Beans Pickles Pineapple Chunks	4th French Bread Pizza (WG) Marinated Chic Peas Steamed Carrots Banana	5th Full Day In-service No School
8th Columbus Day No School	9th French Toast Sticks (WG) Sausage Orange Juice Hash Browns Fresh Apple	10th (WG) Mozzarella Sticks Marinara Sauce Steamed Peas Oven Fries Mandarin Oranges	11th Taco Salad w/ (WG) Tortilla Chips Lettuce, Tomato, Salsa Marinated Chic Peas Mixed Fruit	12th (WG) Chicken Patty Sandwich (WG) Roll Steamed Broccoli Sliced Peaches
15th (WG) Rotini & Meatballs Romaine Salad Green Beans Garlic Bread Sliced Pears	16th Pulled Pork Panini Steamed Corn Cole Slaw Fresh Apple	17th Chicken Fajita Seasoned Brown Rice Wax Beans Pineapple Chunks	18th Pasta & Meatballs (WG) Garlic Bread Steamed Carrots Banana	19th Cheese Pizza (WG) Steamed Broccoli Sliced Peaches
22nd (WG) Cheese Calzone Marinara Sauce Oven Fries Mixed Vegetables Sliced Pears	23rd Popcorn Chicken Bowl Mashed Potatoes/Gravy Steamed Corn Fresh Apple	24th Deli Turkey Sandwich (WG) Roll Baked chips Green Beans Mandarin Oranges	25th Hot Dog / (WG) Roll Oven Fries Vegetarian Beans Pickles Mixed Fruit	26th Stuffed Crust Pizza (WG) Steamed Green Beans Sliced Peaches
29th Meatball Grinder (WG) Roll Oven Fries Steamed Peas Sliced Pears	30th Chicken Quesadilla Steamed Corn Seasoned Rice Fresh Apple	31st French Toast Sticks (WG) Sausage Orange Juice Hash Browns Pineapple Chunks	(WG) Whole Grain Product USDA is an equal opportunity provider and employer	

Alternative Lunch Options:

Elementary Schools Alternative Options:
 Tuna Fish Sandwich (WG) Bread
 Cheese Sandwich (WG) Bread
 SunButter & Jelly (PEANUT FREE)

Nessacus Middle School Alternative Options:
 Bagel Bar w/ Cream Cheese
 Large Salad, Peanut Butter & Jelly Sandwich

Wahconah High School Alternative Options:
 Salad Bar, Bagel Bar, Cheese Pizza, Chef's Choice

Milk is Available Everyday – 1% White, Fat Free Chocolate

Fresh Fruit or Canned Fruit Available Everyday

MENU IS SUBJECT TO CHANGE

School Lunch Prices - Paid \$2.25 / Reduced \$.40,

Breakfast- Paid \$1.50 / Reduced \$.30

Breakfast is available for ALL Central Berkshire Regional District students.

Breakfast Menu

Fruit, Choice of Cereal, Choice of Milk
 Orange Juice

Student Account and Balance Information

We offer "My School Bucks" a convenient and secure online payment/parent information portal.
 Go to www.myschoolbucks.com to sign up for a free account.

Use this account to view your child's purchases and to review your students balance (Free Service)
 If you choose you can make an online payment (\$2.49 Charge per Transaction)



CBRSD Food Service Department Employment Opportunities

Substitute positions are available

Please contact John Tranfaglia @ (413) 684-1307 or Jtranfaglia@cbrsd.org

