



*Part of the Mohawk Trail  
Regional School System.*

Breakfast served  
everyday.  
Salad Bar Option  
Available

**Jennifer Shaw  
Cafe Manager  
Heather Mack  
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



1

2

*No School*

*No School*

**5 Spaghetti  
W/ Meat Sauce**

WG Roll  
Mixed Vegetables  
Fruit  
Milk

*No Salad Bar*

**6 Turkey  
Sandwich**

Cheese, Lettuce & Tomato  
Three Bean Salad  
Fruit  
Milk

*No Salad Bar*

**7 Hot Dogs**

WG Bun  
Baked Beans  
Carrot and Celery  
Fruit  
Milk

**8 Chicken  
Parmesan**

WG Pasta  
Peas  
Fruit  
Milk

**9 Chicken Nuggets**

WG Roll  
Fries  
Carrots  
Fruit

**12 Hamburger**

Cheese, Lettuce & Tomato  
Fries  
Fruit  
Milk

**13 Grilled Cheese  
Sandwich**

Tomato Soup  
Carrots & Celery  
Hummus  
Fruit  
Milk

**14 Cheese Ravioli**

WG Roll  
Broccoli  
Fruit  
Milk

**15 Ham & Cheese  
Sandwich**

Lettuce & Tomato  
Three Bean Salad  
Fruit  
Milk

**16 Nachos**

WG Chips  
Cheese, Lettuce & Tomato  
Refried Beans  
Fruit  
Milk

*Release 12:30*

**19 No School**

**Martin Luther  
King  
Day**

**20 Turkey Gravy**

WG Roll  
Mashed Potato  
Green Beans  
Fruit  
Milk

**21 Breadsticks**

Marinara Sauce  
Broccoli  
Fruit  
Milk

**22 Soft Taco**

WG Tortilla  
Cheese, Lettuce & Tomato  
Refried Beans  
Fruit  
Milk

**23 Bologna  
Sandwich**

Baked Chips  
Three Bean Salad  
Fruit  
Milk

**26 Mac N Cheese**

WG Roll  
Green Beans  
Fruit  
Milk

**27 Meatball Sub**

Baked Chips  
Carrots & Celery  
Fruit  
Milk

**28 Chicken Patty  
Sandwich**

Fries  
Carrots & Celery  
Fruit  
Milk

**29 Pulled Pork  
Sandwich**

Baked Chips  
Carrots & Celery  
Hummus  
Fruit  
Milk

**30 Baked Potato**

WG Roll  
Chili & Cheese  
Broccoli  
Fruit  
Milk

*Release 12:30*