



*Part of the Mohawk Trail
Regional School System.*

Breakfast served
everyday.

Salad Bar Lunch
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



3 Hamburger
Cheese, Lettuce & Tomato
Fries
Fruit
Milk

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

5 Ham & Cheese
Lettuce & Tomato
Baked Chips
Carrots & Celery
Hummus
Fruit
Milk

6 Cheese Pizza
Garden Side Salad
Fruit
Milk

*Release 12:30
No Salad Bar*

**7 Chicken Salad
Sandwich**
WG Bun
Baked Chip
Carrot and Celery
Fruit
Milk

*Release 12:30
No Salad Bar*

**10
No School**

*Professional
Development*

**11
No School**

Veterans Day

12 Chicken Nuggets
WG Roll
Mashed Potatoes
Corn
Fruit
Milk

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

14 Meatball Sub
Baked Chips
Carrots & Celery
Fruit
Milk

17 Turkey Gravy
WG Roll
Mashed Potato
Green Beans
Fruit
Milk

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

19 Mac N Cheese
WG Roll
Green Beans
Fruit
Milk

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

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

**24 Warm
Ham & Cheese**
On Croissant
Baked Chips
Carrots & Celery
Fruit
Milk

25 Chicken Fajita
WG Tortilla
Peppers and Onions, Cheese
Refried Beans
Fruit
Milk

**26 Sun Butter Jelly
Sandwich**
Baked Chips
Carrots & Celery
Fruit
Milk

*Release 12:30
No Salad Bar*

**27
No School**

*Thanksgiving
Day*

**28
No School**