



# Hoosac Valley Regional School Lunch Menu for October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mozzarella Stix Marinara Sauce Baked Beans, Spinach Fruit	4 Grilled Chicken Sandwich Sweet Potato Fries Chips Fruit	5 Diced Chicken Mashed Potatoes & Gravy Bread & Butter, Corn, Carrots Fruit	6 Hoosac Sub Assorted Toppings Cauliflower, Cookie Fruit	7 Hamburger French Fries Broccoli Fruit
10  No School	11 Chicken Teriyaki Brown Rice, Mixed Veggie Bread & Butter Pineapple	12 Quesadilla Brown Rice, Spinach 3 Bean Salad Fruit	13 Turkey Deli Chicken Noodle Soup Sweet Potato Fruit	14 Pizza Tuna Macaroni Salad Broccoli Fruit
17 Ham & Cheese Croissant Tomato Soup Carrots Fruit	18 Chop Suey Bread & Butter Spinach Fruit	19 HVMHS                      HVE Shepard's Pie/Scrambled Hamburger Mashed Potato & Gravy, Dinner Roll Corn, Fruit	20 BBQ Rib Sandwich Baked Beans Coleslaw, Chips Fruit	21 Fish Sticks Sweet Potato Fries Broccoli Fruit
24 Hot Dog on a Bun French Fries Baked Beans Carrots Fruit	25  HALF DAY BREAKFAST ONLY	26 Pancakes Sausage Hash Browns Carrots Fruit	27 HVMHS                      HVE Nachos                      Tacos Assorted Toppings Brown Rice, Corn Fruit	28 Pizza Tossed Salad Broccoli Chips Fruit
31 ChickenTenders  Macaroni & Cheese Sweet Potato Fries				

\*\*Daily lunch alternative offered \*\*      \*\* Milk is served with every meal \*\*      \*\* Menu subject to change without notice \*\*

(MILK WITHOUT A MEAL IS \$0.40)

\*\* Any food allergy should be reported to the school nurse \*\*

\*\* This institution is an equal opportunity provider \*\*