



## Hoosac Valley Regional School District Lunch Menu for January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2  No School	3 Chicken Tenders w/dip Mac & Cheese Sweet Potato Fries Fruit	4 Breaded Chicken Patty Mashed Potato & Gravy Corn, Carrots Dinner Roll, Fruit	5 Beef Ravioli Bread & Butter Cauliflower, Spinach Fruit	6 Pizza Tuna Macaroni Salad Broccoli Fruit
9 Toasted Cheese Sandwich Tomato Soup Baked Beans, Spinach Fruit	10 Spaghetti w/Meat Sauce Breadstick Green Beans, Broccoli Fruit	11 Pancakes Turkey Sausage Sweet Potatoes Fruit	12  Half Day Breakfast Only Served	13 Hamburger w/Cheese French Fries Carrots, Peas Fruit
16  No School	17 Mozzarella Sticks Marinara Sauce Cauliflower, Spinach Fruit	18 Meatloaf Mashed Potato w/Gravy Carrots, Peas Dinner Roll, Fruit	19 Turkey Deli w/cheese Chicken Noodle Soup Sweet Potatoes Chips, Fruit	20 Fish Nuggets French Fries Broccoli Fruit
23 Hot Dog on a Bun Baked Beans French Fries, Carrots Fruit	24 HVE. HVMHS Quesadilla. / Chili w/ Cornbread Brown Rice, Sweet Potato Fruit	25 Roast Turkey Mashed Potato w/Gravy Breadstick Spinach Cranberry Sauce	26 Taco Sticks Brown Rice Corn Fruit	27 Pizza Tossed Salad Broccoli Fruit
30 Meatball Grinder Tater Tots Cauliflower, Broccoli Fruit	31 Hoosac Sub Assorted Toppings Sweet Potatoes Corn, Fruit			

\*\*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 \*\*