



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>NO SCHOOL</b>
4 <b>NO SCHOOL</b>	5 <b>NO SCHOOL</b> Staff Inservice	6 <b>NO SCHOOL</b> Staff Inservice	7 <b>Mozzarella Sticks</b> Marinara Sauce Green Beans, Corn Fruit	8 <b>Pizza</b> Tossed Salad Broccoli Fruit
11 <b>Ham &amp; Cheese Croissant</b> Tomato Soup Spinach, Cauliflower Fruit	12 <b>Steak Umm Sandwich</b> French Fries Sweet Potato Fruit	13 <b>Sweet &amp; Sour Chicken</b> Brown Rice Breadstick Carrots, Green Beans Fruit	14 <b>Quesadilla</b> Brown Rice Black Bean Salad Corn Fruit	15 <b>Hamburger w/ Cheese</b> French Fries Broccoli Chips Fruit
18 <b>Meatball Grinders</b> Green Beans Spinach Fruit	19 <b>Scrambled Hamburger</b> Mashed Potatoes & Gravy Bread & Butter Carrots, Corn Fruit	20 <b>Grilled Chicken Sandwich</b> Tater Tots Baked Beans Cauliflower Fruit	21 <b>Hoosac Sub</b> Sweet Potato Peas Chips Fruit	22 <b>Pizza</b> Tuna Macaroni Salad Broccoli Fruit
25 <b>Chicken Tenders w/ Dip</b> Macaroni & Cheese Spinach Fruit	26 <b>Spaghetti w/ Meat Sauce</b> Bread & Butter Green Beans, Carrots Fruit	27 <b>Hot Dog on a Bun</b> Tater Tots Baked Beans Broccoli Fruit	28 <b>Tacos</b> Taco Meat, Brown Rice Cheese, Salsa, Sour Cream Lettuce, Tomato, Corn Fruit	29 <b>Pancakes</b> Sausage Hash Browns Sweet Potato 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 \*\*