



MAY 2022

Breakfast offer with choice of 1% or fat free white milk. Lunch offered with choice of 1% or fat free white milk Or fat free chocolate milk Lactaid milk available upon request Milk with home lunch costs \$.50(fifty cents)

Breakfast and Lunch are Free

Belchertown High School

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Rack LUNCH 2 Hot Dog With Baked Beans, oven fries & fruit	Breakfast Café LUNCH 3 Chicken Fajita Salsa, sour cream, shredded cheese & beans Fruit	Breakfast Café LUNCH 4 Pulled Pork & Mac & Cheese Seasonal Veggies & Fruit Fruit	Breakfast Café LUNCH 5 Chicken Parm Grinder WG roll, with Roasted veggies	Breakfast Café LUNCH 6 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, oven fries
Breakfast Café LUNCH 9 Chicken Tenders with Butter Noodles & Mixed Vegetables, & Fruit	Breakfast Café LUNCH 10 Taco Salad, Seasoned Ground Beef, Salsa, sour cream, shredded cheese & beans	Breakfast Café LUNCH 11 Pasta Bar Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic bread	Breakfast Café LUNCH 12 Munchie Basket Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit	Breakfast Café LUNCH 13 Chicken Patty WG roll, Lettuce, Tomato, Pickles, chips
Breakfast Café LUNCH 16 Sloppy Joe Served on a WG bun, baked bean, Veggie sticks & Fruit	Breakfast Café LUNCH 17 Tater Tot Nachos "Totchos" Ground beef, Cheese, salsa, sour cream, & black beans	Breakfast Café LUNCH 18 Cold Sesame Noodles with Asian Chicken & Spring Rolls & fruit	Breakfast Café LUNCH 19 Pulled Pork sandwich, Coleslaw, sweet potato fries & Fruit	Breakfast Café LUNCH 20 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, oven fries
Breakfast Café LUNCH 23 Oriole Bowl Popcorn Chicken, corn, mashed potato & gravy Fruit	Breakfast Café LUNCH 24 Chili & Corn Bread With cheese & Sour cream, salsa, veggie sticks & fruit	Breakfast Café LUNCH 25 Pasta Bar Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic bread	Breakfast Café LUNCH 26 Baked Potato Bar Cheese & Sour cream, broccoli & Bacon Bits, Chili & fruit	Breakfast Café LUNCH 27 Sausage Grinder with peppers & Onion on WG roll, & potato salad
No School Memorial Day 30	Breakfast Café LUNCH 31 Chicken Patty WG roll, Lettuce, Tomato, Pickles, chips	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Vegan & Vegetarian options are available each day, please reach out to the kitchen staff in advance </div>		

Menu is subject to change.

Grades 7-12 FREE Breakfast Cafe offers whole grain Cereals & Cereal Bars, Muffins, Bagels & Breads, Sweet Roll, Pop tarts, & assorted daily hot breakfasts, 100% fruit juice and white milk Grades 7-12 offer daily in school entrée alternative Choices: Pizza Station, Deli Bar, and Garden Salad