



PAY FOR MEALS ONLINE
MySchoolBucks.com

NOVEMBER 2021

Belchertown High School

Breakfast & Lunch are FREE for ALL STUDENTS ALL YEAR

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)

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Café LUNCH 1 Herb Roasted Chicken, Rice Pilaf, Mix vegetables Fruit	No School 2 Professional Development day	Breakfast Café LUNCH 3 Pasta Bar Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic knots	Breakfast Café LUNCH 4 Mozzarella Sticks with Marinara Caesar salad & Fruit	Breakfast Café LUNCH 5 Meatball Grinder , on a WG roll Cheese, garden salad, & Fruit
Breakfast Café LUNCH 8 Oriole Bowl Popcorn Chicken, corn, mashed potato & gravy Fruit	Breakfast Café LUNCH 9 Chicken Taco Salad Salsa, sour cream, shredded cheese & Garlicky black beans Fruit	Breakfast Café LUNCH 10 Chicken tenders Macaroni salad & mixed veggies & Fruit	No School 11 Veteran's Day Observed	Breakfast Café LUNCH 12 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, potato chips
Breakfast Café LUNCH 15 Munchie Basket Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit	Breakfast Café LUNCH 16 Grilled Cheese & tomato Soup With baby carrots and Fruit	Breakfast Café LUNCH 17 Turkey Dinner Served with mashed potatoes, gravy, stuffing, Seasonal Vegetables Cinnamon Apple Crisp	Breakfast Café LUNCH 18 Chicken Parmesan Served with Pasta and garden salad, Fruit	Breakfast Café LUNCH 19 Tangerine Chicken Brown Rice, Veggie Eggroll, Fruit
Breakfast Café LUNCH 22 Sloppy Joe Served on a WG bun, WG chips, Veggie sticks & Fruit	Breakfast Café LUNCH 23 Buffalo Chicken Mac & Cheese Seasonal Veggies & Fruit Fruit	No School 24	No School 25	No School 26
Breakfast Café LUNCH 29 Breakfast for Lunch Sausage, French Toast Sticks, Hash browns Orange juice	Breakfast Café LUNCH 30 Tater Tot Nachos "Tatchos" Ground beef, Cheese, salsa, sour cream, & black beans			

Menu is subject to change.

Grades 7-12 FREE Breakfast Rack offers whole grain Cereals & Cereal Bars, Muffins, Bagels & Breads, Sweet Roll, Pop tarts, Fruit & 100% fruit juice and white milk

Grades 7-12 offer daily in school entrée alternative Choices: Pizza Station, Deli Bar, and Garden Salad

This institution is an equal opportunity provider

