



Free Breakfast & Lunch

JANUARY 2023

Belchertown High School

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
No School 2	Breakfast Café LUNCH 3 Hot Dog With Baked Beans, mix veggies & fruit	Breakfast Café LUNCH 4 Sweet & Sour Pork with Lo Mein Veggie Eggroll, Asian Veggies & fruit	Breakfast Café LUNCH 5 Munchie Basket Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit	Breakfast Café LUNCH 6 Chicken Patty WG roll, Lettuce, Tomato, Pickles, chips
Breakfast Café LUNCH 9 Breakfast for Lunch French toast sticks, Sausage, Hash Browns, Juice, & fruit	Breakfast Café LUNCH 10 Beef Taco's Salsa, sour cream, shredded cheese & Garlicky black beans Fruit	Breakfast Cart LUNCH 11 Chicken Tenders With Garlic Buttered Noodles, Seasonal veggies & fruit	Breakfast Café LUNCH 12 Philly Style Beef & Cheese Sub Peppers & onions & fruit	Breakfast Café LUNCH 13 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, Oven Fries & Fruit
No School 16 Martin Luther King Day Celebrated	Breakfast Café LUNCH 17 Sloppy Joe With chips, mixed veggies & fruit	Breakfast Café LUNCH 18 Meat or Meatless Sauce Over Pasta, Shredded Mozzarella Caesar Salad & Garlic bread stick & Fruit	Breakfast Café LUNCH 19 Oriole Bowl Popcorn Chicken, corn, mashed potato & gravy Fruit	Breakfast Café LUNCH 20 Fish Nuggets & Fries With Coleslaw, Tartar Sauce & Fruit
Breakfast Café LUNCH 23 Chicken Patty WG roll, Lettuce, Tomato, Pickles, chips	Breakfast Café LUNCH 24 Chili & Corn Bread With cheese & Sour cream, salsa, veggie sticks & fruit	Breakfast Café LUNCH 25 Chicken Parm & Penne With Marinara Roasted broccoli & Garlic Texas toast & Fruit	Breakfast Café LUNCH 26 Baked Potato Bar Cheese & Sour cream, broccoli & Bacon Bits, Chili & fruit	Breakfast Café LUNCH 27 Toasted Turkey & Cheese Sub Potato salad & fruit
Breakfast Café LUNCH 30 Deluxe Grilled Cheese & Tomato soup & fruit	Breakfast Café LUNCH 31 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, Oven Fries & Fruit	 PAY FOR MEALS ONLINE MySchoolBucks.com		

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

First Meal is FREE, Second Meal is \$3.50

This institution is an equal opportunity provider