



MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

# JANUARY 2022

## 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 \$0.50(fifty cents)

Breakfast and Lunch are Free

Monday	Tuesday	Wednesday	Thursday	Friday
<b>No School</b> 3	<b>Breakfast Café LUNCH</b> 4 <b>Fish Tacos</b> On a soft Corn tortilla with crunchy slaw & Pineapple salsa & Fruit	<b>Breakfast Café LUNCH</b> 5 <b>Pasta Bar</b> Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic bread	<b>Breakfast Café LUNCH</b> 6 <b>Chicken Tenders with Butter Noodles &amp; Mixed Vegetables, &amp; Fruit</b>	<b>Breakfast Café LUNCH</b> 7 <b>Chicken Patty</b> WG roll, Lettuce, Tomato, Pickles, chips
<b>Breakfast Café LUNCH</b> 10 Herb Roasted Chicken, Rice Pilaf, Mix vegetables Fruit	<b>Breakfast Café LUNCH</b> 11 <b>Taco Salad</b> Salsa, sour cream, shredded cheese & Garlicky black beans Fruit	<b>Breakfast Café LUNCH</b> 12 <b>Asian Sesame Noodles with Teriyaki chicken &amp; mix veggies &amp; fortune cookie</b>	<b>Breakfast Cafe LUNCH</b> 13 <b>Munchie Basket</b> Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit	<b>Breakfast Café LUNCH</b> 14 <b>Burger Day:</b> Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles & Oven fries
<b>No School</b> 17 Martin Luther King Day Observed	<b>Breakfast Café LUNCH</b> 18 <b>Sloppy Joe</b> Served on a WG bun, WG chips, Veggie sticks & Fruit	<b>Breakfast Café LUNCH</b> 19 <b>Buffalo Chicken Mac &amp; Cheese</b> Seasonal Veggies & Fruit Fruit	<b>Breakfast Café LUNCH</b> 20 <b>Oriole Bowl</b> Popcorn Chicken, corn, mashed potato & gravy Fruit	<b>Breakfast Café LUNCH</b> 21 <b>Fish &amp; Chips</b> With Coleslaw, Tartar Sauce & Fruit ]
<b>Breakfast Café LUNCH</b> 24 <b>Hot Dog</b> With Baked Beans, oven fries & fruit	<b>Breakfast Café LUNCH</b> 25 <b>Chili &amp; Corn Bread</b> With cheese & Sour cream, salsa, veggie sticks & fruit	<b>Breakfast Café LUNCH</b> 26 <b>Cheese Lasagna</b> With Garlic bread & Mixed veggies Fruit	<b>Breakfast Café LUNCH</b> 27 <b>Baked Potato Bar</b> Cheese & Sour cream, broccoli & Bacon Bits & fruit	<b>Breakfast Café LUNCH</b> 28 <b>Chicken Parm Grinder</b> WG roll, with roasted broccoli, & Fruit
<b>Breakfast Cafe LUNCH</b> 31 <b>Chicken Bacon Ranch</b> Whole grain bun, Potato salad Fruit				

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