Breakfast and lunch Free to all Students
Adults $3.75

***Gluten Free* Elementary and Intermediate School Lunch Menu**

December 2025

Fresh Veggie Cups
Tuedays, Wednesday and Thursdays / *optional hummus cups avalible*

Daily Alternates
All include milk, veggie and fruit
Yogurt Meal-NF
(4 oz. yogurt, and cheese stick)
Grilled Cheese on GF Bread-NF

"MILK MEAL"
Great option for cold lunch students!
Includes: milk, grain of the day and choice of fruit and veggies!!!

NF = NUT FREE

Cross Reactivity Warning
Hummus Cups- contain sesame

Lunch Includes: 5 components
1.Milk 2.Protein 3.Grains 4.Fruit 5.Vegetable
Must take a fruit or veggie plus 2 more components to be a full meal
Milk Options - Fat Free, 1% White and Non Fat Chocolate

PLEASE NOTE YOU MUST SET UP A PLAN WITH FOOD SERVICES 413-572-6493 TO RECEIVE GLUTEN FREE FOOD
*** GREEN = LOCAL FARM FRESH***

MONDAY-NF	TUESDAY -NF	WEDNESDAY-NF	THURSDAY-NF	FRIDAY-NF
12/1/2025	**12/2/2025**	**12/3/2025**	**NATIONAL COOKIE DAY!!!!!**	**12/5/2025**
GF Chicken Nuggets	**Breakfast for Lunch**	**Chicken Carbonara w/ GF Pasta**	**Nacho Tacos**	**GF Pizza**
With or Without BBQ Sauce	GF Pancakes w/ Syrup	GF Penne, with Cheese Sauce and Bacon	w/ Seasoned Butcher Block Beef	with Bacon Ranch or Cheese
Roasted Maple Glazed Carrots	Jones Chicken Sausage	Fresh Garlic Green Beans	WG Tortilla Chips	Cucumber Ranch Salad
Mixed Fruit Applesauce	Fruitable 100% Vegetable Juice	Pineapple Chunks	Cheese, Salsa and Sour Cream	Fruit from the Week
Low Fat Milk	Banana	Low Fat Milk	Corn	Low Fat Milk
	Low Fat Milk		Diced Peaches	
			GF Chocolate Chip Cookie	
			Low Fat Milk	

MONDAY-NF	TUESDAY -NF	WEDNESDAY-NF	THURSDAY-NF	FRIDAY-NF
12/8/2025	**12/9/2025**	**12/10/2025**	**12/11/2025**	**12/12/2025**
GF Chicken Nuggets	**Breakfast for Lunch**	***TRY IT DAY!!!!****	**GFSpaghetti with Meatballs**	**GF Pizza**
School Oven Fries	GF Pancakes w/ Syrup	***~~ Diced Pears~~***	Fresh Italian Green Beans	with Pepperoni or Cheese
Mandarin Orange Slices	Jones Chicken Sausage	**GF Chicken Nuggets**	Tropical Fruit Salad	Roasted Ranch Broccoli
Low Fat Milk	Fruitable 100% Vegetable Juice	Corn	Low Fat Milk	Fruit from the Week
	Blueberries in a Cloud	Diced Pears		Low Fat Milk
	Low Fat Milk	Low Fat Milk		

MONDAY-NF	TUESDAY -NF	WEDNESDAY-NF	THURSDAY-NF	FRIDAY-NF
12/15/2025	**12/16/2025**	**12/17/2025**	**12/18/2025**	**12/19/2025**
GF Chicken Nuggets	**Breakfast for Lunch**	**Cheeseburger On GF Bun**	**Mac and Cheese w/ GF Pasta**	**GF Pizza**
Pickles on the Side	Scrambled Eggs &	Corn	Roasted Parm Broccoli	with Chicken Ranch or Cheese
Oven Baked Sweet Potato Fries	GF Pancake w/ Syrup	Mandarin Orange Slices	Candy Apple Slices	Baby Carrots w/Ranch Dressing
Diced Peaches	Tater Tots	Low Fat Milk	Low Fat Milk	Fruit from the Week
Hot Cocoa Pudding	Banana			Low Fat Milk
Low Fat Milk	Low Fat Milk			

MONDAY-NF	TUESDAY -NF	WEDNESDAY-NF	THURSDAY-NF	FRIDAY-NF
12/22/2025	**12/23/2025**	**12/24/2025**	**12/25/2025**	**12/26/2025**
Hot Dog on GF Bun	**1/2 Day**			
Glazed Carrots	**GF Chicken Nuggets**			
Diced Pears	Mashed Potatoes	**No School**	**No School**	**No school**
GF Chocolate Brownie	Pineapple Ring Wreath			
Low Fat Milk	GF Chocolate Chip Cookie			
	Low Fat Milk			

MONDAY-NF	TUESDAY -NF	WEDNESDAY-NF
12/29/2025	**12/30/2025**	**12/31/2025**
No School	**No School**	**No School**

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