

Monday
Tuesday
Wednesday
Thursday
Friday
Happy 4th of July!! **4**
Chef's Choice **5**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Pop Tarts/Nutrigrain Bars **6**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Assorted Bagels w/ Cream Cheese **7**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Assorted Danish or Muffins **8**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Chef's Choice **11**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Pancakes w/ Syrup **12**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Waffles w/ Syrup **13**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Assorted Bagels w/ Cream Cheese **14**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Pop Tarts/Nutrigrain Bars **15**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Chef's Choice **18**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Assorted Bagels w/ Cream Cheese **19**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Assorted Danish or Muffins **20**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
French Toast w/ Syrup **21**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Pop Tarts/Nutrigrain Bars **22**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Chef's Choice **25**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Banana Bread **26**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Pop Tarts/Nutrigrain Bars **27**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Assorted Danish or Muffins **28**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk
Assorted Bagels w/ Cream Cheese **29**
Or

Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

Monday

Chef's Choice **1**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

Assorted Danish or Muffins **8**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

15

22

Teacher In Service Day **29**

Tuesday

Pop Tarts/Nutrigrain Bars **2**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

Assorted Bagels w/ Cream Cheese **9**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

16

23

1st Day Of School GV & HS! **30**
Chef's Choice
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

Wednesday

Assorted Danish or Muffins **3**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

French Toast w/ Syrup **10**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

17

24

Assorted Danish or Muffins **31**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

Thursday

Pancakes w/ Syrup **4**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

Chef's Choice **11**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

18

Teacher In Service Day **25**

Friday

Assorted Bagels w/ Cream Cheese **5**
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

Summer Eats Last Day **12**
Pop Tarts/Nutrigrain Bars
Or
Assorted cereal bowls or bars, yogurt, fruit, juice, and milk

19

Teacher In Service Day **26**



Questions? Call (413)267-4150 Alan Hogan—Food Service Director hogana@monsonschools.com
Students must pick 3 out of 5. Must take ½ fruit or ½ cup veggie. Must take grain or protein. May choose a milk choice.
This institution is an equal opportunity employer and provider. Visit myplate.gov

JULY 2022

Monson Summer Eats

Choice of 8oz fluid milk
100% fruit juice 4oz
*Whole Grain Products
Menu subject to change without notice

Monday

Tuesday

Wednesday

Thursday

Friday

Happy 4th of July!!

4

Summer Eats Begins
Beef Ravioli w/ Marinara
Cheese stick
Seasoned Corn
*Garlic Knot
Fresh or Fruit Cup

5

BBQ Pork
Buttered Egg* Noodles
Garlicky Broccoli
Fresh or fruit cup

6

*Cheesburger
Lettuce, Tomato, Cheese, Pickle
Spear
Oven Fries
Fresh or fruit cup

7

*French Bread Pizza
Onion Rings
100% Veggie Juice
Fresh or fruit cup
Assorted desserts

1

*Turkey Sandwich
Lettuce, Tomato, Cheese, Pickle
Spear
Baked Chips
Carrots w/ Dip
Fresh or fruit cup

11

*Mac & Cheese
Cheese Stick
Broccoli
*Dinner Roll
Fresh or fruit cup

12

Chicken Patty *Sandwich
Lettuce/Tomato/Pickle
Sun Chips
Sweet Corn
Fresh or Fruit Cup

13

Walking Taco
Taco – Seasoned Beef
Nacho Chips, Black Beans
Lettuce & Cheese
Sour Cream & Salsa
Fresh or Fruit Cup

14

*Calzones w/ Marinara
100% Veggie Juice
Onion Rings
Fresh or fruit cup
Assorted desserts

15

Hot Dogs on a *Bun
Baked Beans
Chips
Fresh or fruit cup

18

*Grilled Cheese Sandwich
& Tomato
Soup
*Goldfish Crackers
Fresh or fruit cup

19

Brunch for lunch
Breakfast Sausage, * Pancakes,
Hash browns
100% Veggie Juice
Fresh or fruit cup

20

*Chicken Tenders w/
Dipping Sauce
Mashed Potatoes
Green Beans
Fresh or fruit cup

21

*Sal's Pizza
Cheese or Pepperoni
Oven Fries
Fresh or fruit cup
Assorted Desserts

22

Assorted Cold Sandwiches
PBJ or Turkey or Ham w/Cheese
Tortilla Chips w/ Salsa
100% Veggie Juice
Fresh or Fruit Cup

25

Shepherds's Pie
Seasoned Beef, Mashed potatoes,
Corn
*Dinner roll
100% Veggie Juice
Fresh or fruit cup

26

Lasagna Roll-ups
*Garlic Knot
Steamed Broccoli
Fresh or Fruit Cup

27

Oven Baked *Mozzarella
Sticks w/ Marinara
*Breadsticks
Steamed Carrots
Fresh or fruit cup

28

*Max's Stuffed Crust
Pizza
Cheese or Pepperoni
Cowboy Salad
Fresh or fruit cup
Assorted desserts

29

Questions? Call (413)267-4150 Alan Hogan--Food Service Director hogana@monsonschoools.com
Students must pick 3 out of 5. Must take ½ fruit or ½ cup veggie. Must take grain or protein. May choose a milk choice.
This Institution is an equal opportunity employer and provider. Visit myplate.gov

AUGUST 2022

Summer Eats Menu

Choice of 8oz. fluid milk
 100% 4 oz. fruit juice
 *Whole Grain Products
 Menu subject to change without notice

Monday

1
 Fish filet on a *Roll
 Tartar sauce
 Lettuce, tomato, pickle
 Sweet Corn
 Sun Chips
 Fresh or fruit cup

8
 Chicken Patty w/ *Roll
 Assorted Chips
 Fresh Veggies w/ Ranch dip
 Fresh or Fruit Cup

15
22

29
 Teacher In Service Day

Tuesday

2
 Walking Taco
 Taco – Seasoned Beef
 *Nacho Chips, Black Beans
 Lettuce & Cheese
 Sour Cream & Salsa
 Fresh or Fruit Cup

9
 *Pasta w/ Meat Sauce
 & Shredded Cheese
 *Garlic Knot
 Green Beans
 Fresh or Fruit Cup

16
23

30
 1st Day Of School GV
 & HS!
 Beef Ravioli w/ Marinara
 Cheese stick
 Seasoned Corn
 *Garlic Knot
 Fresh or Fruit Cup

Wednesday

3
 Assorted Sandwiches
 PBJ or Turkey or Ham w/Cheese
 Snack Chips
 100% Veggie Juice
 Fresh or Fruit Cup
 Snack bag of Cookies

10
 *Cheesburger
 Lettuce, Tomato, Cheese, Pickle
 Spear
 Oven Fries
 Fresh or fruit cup

17
24

31
 Orange Chicken
 *Seasoned Rice
 Mixed Veggies
 Fresh or Fruit Cup
 Fortune Cookie

Thursday

4
 Turkey & Gravy,
 *Biscuit
 Mashed Potatoes, Cranberry
 Sauce
 Green Beans
 Fresh or Fruit Cup

11
 *Grilled Cheese Sandwich
 Tomato Soup
 *Goldfish Crackers
 Fresh or fruit cup

18

25
 Teacher In Service Day

Friday

5
 *French Bread Pizza
 Oven fries
 100% Veggie Juice
 Fresh or fruit cup
 Assorted desserts

12
 Summer Eats Last Day
 Assorted Pizza
 Sweet Corn
 Fresh or Fruit Cup
 Frozen Dessert

19

26
 Teacher In Service Day



Questions? Call (413)267-4150 Alan Hogan–Food Service Director hogana@monsonschools.com
 Students must pick 3 out of 5. Must take ½ fruit or ½ cup veggie. Must take grain or protein. May choose a milk choice.
 This institution is an equal opportunity employer and provider. Visit myplate.gov