Breakfast and lunch Free to all Students
Adults $3.75

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

February 2026

Fresh Veggie Cups
Tueday, Wednesday and Thursday / *optional hummus cups available*

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
2/2/2026	**2/3/2026**	**2/4/2026**	**2/5/2026**	**2/6/2026**
Groundhog Day	**Hot Dog on GF Bun**	1/2 Day For Students	**Mac your Way with GF Pasta**	**GF Pizza**
GF Chicken Nuggets	Corn	**Breakfast for Lunch**	Mac and Cheese	Garlic Green Beans
w/wo BBQ Sauce	Diced Pears	GF Pancakes w/ Syrup	With or without BBQ Chicken	Fruit from the Week
Mashed Potatoes	Low Fat Milk	Jones Chicken Sausages	Roasted Parmesan Broccoli	Low Fat Milk
Tropical Fruit Salad		Fruitable 100% Vegetable Juice	Pineapple chunks	
Hot Cocoa Pudding		Banana	Low Fat Milk	
Low Fat Milk		Low Fat Milk		

MONDAY-NF	TUESDAY-NF	WEDNESDAY-NF	THURSDAY-NF	FRIDAY-NF
2/9/2026	**2/10/2026**	**2/11/2026**	**2/12/2026**	**2/13/2026**
" Try It Day"	**Breakfast for Lunch**	**Nacho Tacos**	**GF Pizza**	**GF Nuggets**
Lemon Pepper Green Beans	Scrambled Eggs &	*Fresh beef provided by NE Butcher Block*	Buttered Carrots	Roasted Garlic Romano Broccoli
Glazed Chicken Drumstick	GF Pancakes w/ Syrup	WG Tortilla Chips w/wo Seasoned Beef	Diced Peaches	GF Cookie
Lemon Pepper Green Beans	Tater Tots	Cheese, Salsa and Sour Cream	Low Fat Milk	Fruit from the Week
Pineapple chunks	Orange Slices	Corn		Low Fat Milk
Low Fat Milk	Low Fat Milk	Mixed Fruit Applesauce		
		Low Fat Milk		

MONDAY-NF	TUESDAY-NF	WEDNESDAY-NF	THURSDAY-NF	FRIDAY-NF
2/16/2026	**2/17/2026**	**2/18/2026**	**2/19/2026**	**2/20/2026**
No School	**No School**	**No School**	**No School**	**No School**

MONDAY-NF	TUESDAY-NF	WEDNESDAY-NF	THURSDAY-NF	FRIDAY-NF
2/23/2026	**2/24/2026**	**2/25/2026**	**2/26/2026**	**2/27/2026**
Cheeseburger on GF Bun	**Breakfast for Lunch**	**GF Nuggets**	**Hot Dog on GF Bun**	**GF Pizza**
with or without Pickles	Scrambled Eggs &	Seasoned Rice	Baked Fries	Fresh Garlic Green Beans
Sweet Potato Fries	GF Pancake w/Syrup	Roasted Italian Broccoli	Blueberries in a Cloud	Fruit from the Week
Diced Peaches	Fruitable 100% Vegetable Juice	Candied Apple Slices	Low Fat Milk	Low Fat Milk
Low Fat Milk	Fresh Orange Slices	Low Fat Milk		
	Low Fat Milk			

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