## Hawlemont **Regional School**

## Lunch

Part of the Mohawk Trail Regional School System

Breakfast served everyday. We offer Peanut Butter and Jelly on Wheat Bread or American Cheese on Wheat Bread as Alternative to the Hot Meal. We offer a full salad bar as part of our lunch everyday

> Café Manager-**Rachel Gammell** Café Assistant **Heather Lengieza**

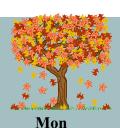
Apply for free/reduced priced meals at any time. Inquire in the office

**Hawlemont Main Office-**413-339-8316 **Hawlemont Fax-**339-5760

Although we strive to provide exactly what is on our printed menus they are subject to change due to supply shortages or other unforeseeable events. Thank you for vour understanding

The USDA and the MDESE are equal opportunity providers and employers.

Food Service Director: Tammy Coombs tcoombs@mohawkschools.org



## October 2021



Wed Tue

Fish Sticks French Fries Fruit Milk

5

19

6 Pizza Broccoli Fruit Milk

7 Turkey Sandwich Chips Carrot Sticks Fruit Milk

Thu

8 Cheese Ouesadilla Corn Black Beans Fruit Milk

**NO SCHOOL** 

Chili

Cornbread

Green Beans

Fruit

milk



Chicken & Gravy **Biscuit** Squash Fruit

Milk

**Manager Special** Green Beans Fruit Milk

Chicken Club Chips Fruit

Milk

15 Grilled Cheese Tomato Soup Fruit Milk

18 Spaghetti Meatballs

Green Beans Fruit Milk

**Hot Dog** Baked Beans Fruit Milk

20 **Pizza** Broccoli Fruit Milk

Ham Sandwich

Carrots Fruit Milk

Hamburger 22

French Fries Fruit Milk

25 **Pulled Pork** Sandwich

Coleslaw Fruit Milk

26 Chicken Nuggets

Mashed Potato Corn Fruit Milk

**Baked Potato Bar** 

Broccoli Cheese Chili Fruit Milk

28 Yogurt Parfait

Granola Veggie Sticks Chick Pea Salad Fruit Milk

29 Chicken Burrito



Corn Fruit Milk

Bowl







