

October 2022

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 Lengleza**

**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
your understanding*

The USDA and the
MDESE are equal oppor-
tunity providers and
employers.

Food Service Director:
Tammy Coombs
tcoombs@mohawkschools.org

	Mon	Tue	Wed	Thu	Fri	
3	Cheeseburger Fries Fruit & Milk	4	Pizza Sticks Marinara Broccoli Fruit & Milk	5	Swedish Meatballs Green Beans Pasta Fruit & Milk	
			<i>1:50 Release</i>			
6				Chili Cornbread Fruit & Milk	7	Turkey Sandwich Veggie Sticks & Hummus Chips Fruit & Milk
10	NO SCHOOL	11	Fish Sticks Fries Peas Fruit & Milk	12	Teriyaki Chicken Broccoli Rice Fruit & Milk	
				13	Grilled Cheese Tomato Soup Crackers Fruit & Milk	
					14	Chicken & Gravy Mashed Potato Corn Fruit & Milk
17	Pizza Carrots Fruit & Milk	18	Ham Sandwich Veggie Sticks Chips Fruit & Milk	19	Loaded Nachos Meat, Cheese, Salsa Lettuce & Tomato Refried Beans Fruit & Milk	
			<i>1:50 Release</i>			
20				Shepherds Pie Corn & Roll Fruit & Milk	21	Chicken Parmesan Pasta Broccoli Fruit & Milk
24	Sloppy Joe Green Beans Fruit & Milk	25	Pizza Carrots & Hummus Fruit & Milk	26	Mac & Cheese Peas Fruit & Milk	
			<i>1:50 Release</i>			
27				Loaded Baked Potato Chili, Broccoli Cheese Fruit & Milk	28	KFC Bowl Corn & Biscuit Fruit & Milk
31	Hot Dog Veggie Box Fruit & Milk	1	NO SCHOOL	2	Cheeseburger Fries Fruit & Milk	
				3	Baked Chicken Mashed Potato Roll Fruit & Milk	
				4	Pancakes Sausage Tots Fruit & Milk	



Menu may change due to staff shortages. We will let you know as soon as we can if it happens. Thank you. Hawlemont Café.

