

**Hawlemont  
Regional School**

**Lunch**

# September 2022

*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  |
|----|---|----------------------|---|-----|--|
| 29 | <b>Ham Sandwich</b><br>Chips & Hummus<br>Fruit & Milk               | 30                   | <b>Yogurt Parfait</b><br>Carrot Sticks<br>Soft Pretzel<br>Fruit & Milk    | 31  | <b>Chicken Nuggets</b><br>Tots & Peas<br>Fruit & Milk                    |
|    | <b>12:30 Release</b>  | <b>12:30 Release</b> | <b>12:30 Release</b>  | 1   | <b>Pizza</b><br>Broccoli<br>Fruit & Milk                                 |
|    |   |                      |   | 2   | <b>Swedish Meatballs</b><br>Pasta<br>Green Bean<br>Fruit & Milk          |
| 5  | <b>NO SCHOOL</b>  | 6                    | <b>Soft Taco</b><br>Meat, Refried beans<br>Cheese & Salsa<br>Fruit & Milk | 7   | <b>Cheeseburger</b><br>Fries<br>Fruit & Milk                             |
|    |   |                      |   | 8   | <b>Turkey Sandwich</b><br>Chips<br>Cuke Sticks<br>Fruit& Milk            |
|    |   |                      |   | 9   | <b>Chicken Alfredo</b><br>Broccoli<br>Fruit& Milk                        |
| 12 | <b>Egg McMuffin</b><br>Tots<br>Veggie Box<br>Fruit & Milk           | 13                   | <b>Salisbury Steak</b><br>Mashed Potato<br>Roll & Peas<br>Fruit & Milk    | 14  | <b>Pizza</b><br>Spinach Salad<br>Roll & Peas<br>Fruit & Milk             |
|    |   |                      |   | 15  | <b>Chicken &amp; Gravy</b><br>Biscuit<br>Carrots<br>Fruit & Milk         |
|    |   |                      |   | 16  | <b>BBQ Pork Sandwich</b><br>Coleslaw<br>Roast Chick Peas<br>Fruit & Milk |
| 19 | <b>French Toast Sticks</b><br>Sausage<br>Hash Brown<br>Fruit & Milk | 20                   | <b>Pizza</b><br>Carrots<br>Fruit & Milk                                   | 21  | <b>Goulash</b><br>Green Beans<br>Fruit & Milk                            |
|    |   |                      |   | 22  | <b>Chicken Slider</b><br>Bean Salad & Chips<br>Fruit & Milk              |
|    |   |                      |   | 24  | <b>Mac &amp; Cheese</b><br>Broccoli<br>Fruit & Milk                      |
|    |   |                      |   |     | <b>1:50 Release</b>  |
| 26 | <b>Lasagna Roll Up</b><br>Green Beans<br>Fruit & Milk               | 27                   | <b>Hot Dog</b><br>Baked Beans<br>Cuke Stick<br>Fruit & Milk               | 28  | <b>Pancakes</b><br>Sausage<br>Veggie Sticks<br>Fruit & Milk              |
|    |   |                      |   | 29  | <b>Beef Tamale Pie</b><br>Corn<br>Fruit & Milk                           |
|    |   |                      |   | 30  | <b>Pizza</b><br>Spinach Salad<br>Fruit & Milk                            |
|    |   |                      |   |     | <b>1:50 Release</b>  |