

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 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*

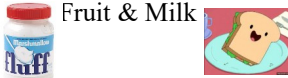
The USDA and the
MDESE are equal oppor-
tunity providers and
employers.

Food Service Director:
Tammy Coombs
tcoombs@mohawkschools.org



October 2026



Mon	Tue	Wed	Thu	Fri
5 Chicken & Gravy Carrots Biscuit Fruit & Milk	6 Goulash Chick Pea Salad Fruit & Milk  <i>National Noodle Day</i>	7 Pizza Broccoli Fruit & Milk <i>12:30 Release</i>	8 Fluffernutter or Ham & Cheese Sandwich Chips & Veggie Sticks Fruit & Milk  <i>National Fluffernutter Day</i>	9 French Toast Bacon Tater Tots Fruit & Milk
12 NO SCHOOL  <i>COLUMBUS DAY</i>	13 Cheeseburger French Fries Fruit & Milk	14 Lasagna Roll-Up Green Beans Fruit & Milk <i>Senior Luncheon</i>	15 Chicken Shawarma Chicken, Flat Bread Cucumber & Tomato Salad Hummus & Tzatziki Sauce Fruit & Milk <i>National Shawarma Day</i>	16 Swedish Meatballs Noodles Carrots Fruit & Milk 
19 KFC Bowl Chicken & Corn Biscuit Fruit & Milk	20 Chicken LoMein Pasta Carrots Fruit & Milk	21 Pickle or Cheese Pizza Broccoli Fruit & Milk <i>12:30 Release</i>	22 Yogurt Parfait Pretzel Veggie Box Veggie Sticks & Hummus Fruit & Milk	23 Hawaiian Chicken Rice Peas Fruit & Milk
26 Shepherds Pie Corn Fruit & Milk	27 Pancake Bacon Bean Salad Fruit & Milk	28 Chicken Parmesan Pasta Green Beans Fruit & Milk	29 Grilled Cheese Tomato Soup Spinach Salad Fruit & Milk 	30 Monster Mac & Cheese With Squid Dogs Pirate Carrot Coins Fruit & Milk 
		 		

OOPS!

OOPS!

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