

Hawlemont Regional School



February 2010



Mon

Tue

Wed

Thu

Fri

Charlemont, MA

*Part of the
Mohawk
Regional School
System.*

Breakfast served
everyday. We
offer a full salad
bar everyday
(unless noted)

**Rachel
Gammell- Chef
Manager
Mary Stafford-
Café Assistant**

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

Phone:
413-339-8316

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

<p>1 Turkey Sandwich (or PB&J) Pretzels Peas Fruit Milk **Winter Enrichment Day!</p> 	<p>2. Baked Chicken Mashed Potatoes Vegetables Bread Fruit Milk</p>	<p>3 Lazy Lasagna Vegetables Garlic Bread Fruit Milk</p>	<p>4 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Raw Fresh Veggies Fruit Milk</p> 	<p>5 Hamburger or Cheeseburger on a Bun Oven Fries Corn Fruit Milk</p>
<p>8 Ham & Cheese Sandwich (or PB&J) Baked Chips Vegetables Fruit Milk *Winter Enrichment Day!</p> 	<p>9 Baked Potato Bar with Broccoli, Cheese and Chili Bread Fruit Milk Bread</p> 	<p>10 Cowboy Macaroni (macaroni with ground beef and tomato sauce) Vegetables Bread Fruit Milk</p> 	<p>11 Baked Macaroni and Cheese Seasoned Green Beans Bread Fruit Milk</p>	<p>12 Mohawk Pizza Vegetables Fruit Valentine's Day Special Dessert Milk</p> 
<p>15 President's Day NO SCHOOL</p> 	<p>16 February Vacation NO SCHOOL</p> 	<p>17 February Vacation NO SCHOOL</p> 	<p>18 February Vacation NO SCHOOL</p> 	<p>19 February Vacation NO SCHOOL</p> 
<p>22 Steamed Hot Dog on a Bun Baked Beans Vegetables Baked Potato Chips Fruit Milk</p>	<p>23 Beef Soft Tacos Cheese, Lettuce, Tomato Salsa Rice Fruit Milk</p> 	<p>24 Baked Chicken Whole Grain Buttered Pasta Vegetables Bread Fruit Milk</p>	<p>25 Baked Macaroni and Cheese Seasoned Green Beans Bread Orange Wedges Milk</p>	<p>26 Tuna Fish Sandwich on Fresh Baked Oatmeal Bread Alphabet Vegetable Soup Lettuce, Tomatoes, Pickles Fruit Milk</p>