

## September 2018 ~ Lunch Menu Hermon Elementary and Middle School

Menu Subject to Change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
<u>Weekly Second Choice</u>	<b>Labor Day</b>	<b>Pizza</b>	<b>Chicken nuggets, Waffles</b>	<b>Shepard's Pie</b>	<b>Hot Dog on a roll</b>
<b>Ham &amp; Cheese</b>	<b>NO SCHOOL</b>	<b>Caesar Salad, Roasted Chickpeas Fruit, Milk</b>	<b>Potato Puffs, Fruit, Milk</b>	<b>Roll, Carrots Fruit, Milk</b>	<b>Sun Chips, Beans Fruit, Milk</b>
	10	11	12	13	14
<u>Weekly Second Choice</u>	<b>Popcorn Chicken, Mashed Potato</b>	<b>Stuffed Crust Pizza</b>	<b>French Toast Sticks, Sausage Patty</b>	<b>Build your own nachos</b>	<b>Chicken &amp; Veggie Stir Fry with Rice</b>
<b>Meatball Sub</b>	<b>Mixed vegetable Fruit, milk</b>	<b>Fresh Cut Fruit Salad, Milk</b>	<b>Sweet potato Fries, Fruit, Milk</b>	<b>Black Beans, Fruit, milk</b>	<b>Fruit, Milk</b>
	17	18	19	20	21
<u>Weekly Second Choice</u>	<b>Corndog W Fries</b>	<b>Pizza</b>	<b>Chicken nuggets, waffles</b>	<b>Mac &amp; Cheese</b>	<b>Chicken Caesar Wrap</b>
<b>Tuna Salad Sandwich</b>	<b>Butternut Squash Fruit, Milk</b>	<b>Three Bean Salad, Fruit, Milk</b>	<b>Potato puffs, Fruit, Milk</b>	<b>Soft Pretzel, Fruit, Milk</b>	<b>Strawberry Spinach Salad Fruit, Milk</b>
	24	25	26	27	28
<u>Weekly Second Choice</u>	<b>Cheese ravioli, bread stick</b>	<b>Cheese stuffed breadsticks, w/ Marinara sauce</b>	<b>Chicken nuggets, French Toast</b>	<b>Grilled cheese sandwich, chicken noodle soup</b>	<b>Cheese Burger Fries</b>
<b>Grilled Cheese</b>	<b>Green Beans Fruit, Milk</b>	<b>Caesar Salad Fruit, Milk</b>	<b>Potato puffs, Fruit, Milk</b>	<b>Roasted Broccoli, Fruit, milk</b>	<b>Roasted Brussel Sprouts Fruit, Milk</b>

Contact Emily A Nicholas, Food Service Director, for questions or concerns at 207-848-4023 or e-mail [emily.nicholas@schools.hermon.net](mailto:emily.nicholas@schools.hermon.net) This institution is an equal opportunity provider.