

September 2018 ~ Lunch Menu Hermon High School

Menu Subject to Change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>All meals are served with a choice of 1% or fat free chocolate milk. A selection of additional fruits and vegetables are available at the salad bar every day.</p>				<p>Lunch Prices:</p> <ul style="list-style-type: none"> • Full pay \$3.00 • Reduced pay .40 • Snack milk .50
	3 Labor Day	4	5	6	7
<u>Weekly Second Choice</u>		Pizza	Chicken nuggets, Waffles	Shepard's Pie	Hot Dog on a roll
New options daily	NO SCHOOL	Caesar Salad, Roasted Chickpeas Fruit, Milk	Potato Puffs, Fruit, Milk	Roll, Carrots Fruit, Milk	Sun Chips, Beans Fruit, Milk
	10	11	12	13	14
<u>Weekly Second Choice</u>	Popcorn Chicken, Mashed Potato	Stuffed Crust Pizza	French Toast Sticks, Sausage Patty	Build your own nachos	Chicken & Veggie Stir Fry with Rice
New options daily	Mixed vegetable Fruit, milk	Fresh Cut Fruit Salad, Milk	Sweet potato Fries, Fruit, Milk	Black Beans, Fruit, milk	Fruit, Milk
	17	18	19	20	21
<u>Weekly Second Choice</u>	Corndog W Fries	Pizza	Chicken nuggets, waffles	Mac & Cheese	Chicken Caesar Wrap
New options daily	Butternut Squash Fruit, Milk	Three Bean Salad, Fruit, Milk	Potato puffs, Fruit, Milk	Soft Pretzel, Fruit, Milk	Strawberry Spinach Salad Fruit, Milk
	24	25	26	27	28
<u>Weekly Second Choice</u>	Cheese ravioli, bread stick	Cheese stuffed breadsticks, w/ Marinara sauce	Chicken nuggets, French Toast	Grilled cheese sandwich, chicken noodle soup	Cheese Burger Fries
New options daily	Green Beans Fruit, Milk	Caesar Salad Fruit, Milk	Potato puffs, Fruit, Milk	Roasted Broccoli, Fruit, milk	Roasted Brussel Sprouts Fruit, Milk

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