



Fresh Skim Milk And 1% Milk are Offered every day.

SEPTEMBER 2019

Hawk's Nest Cafe

For information on school meals go to Lamoilleschoolmeals.com

Monday	Tuesday	Wednesday	Thursday	Friday
No School! 2 	Grilled Cheese Sandwich Or Ham and Cheese Sandwich Tomato Soup Mixed Vegetables 3 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Hot Dogs Baked Beans Or Ham & Cheese Sandwich 4 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Peperoni or Cheese Pizza Or Ham and Cheese Sandwich Garlic Green Beans 5 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	All School Barbecue! 6 Hamburgers, Gardenburgers Assorted salads, Watermelon, Special Treat: <i>Fresh Fruit and Vegetable Bar Available Daily</i>
Barbecue Pulled Pork Sandwich Or Egg Salad Sandwich Maple Baked Beans, Coleslaw 9 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Chicken Alfredo Penne Pasta Or Egg Salad Sandwich Buttery Sweet Green Peas 10 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Meat or Bean Tacos Or Egg Salad Sandwich Mexican Rice 11 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Spaghetti & Meatballs Or Egg Salad Sandwich Tuscan Vegetables 12 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Toasted Ham and Cheese Bagel Or Egg Salad Sandwich Hash Browns 13 <i>Fresh Fruit and Vegetable Bar Available Daily</i>
Macaroni and Cheese Or Ham & Cheese Sandwich Roasted Broccoli 16 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Meatball Sub Or Turkey Sandwich Green Beans 17 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Chicken or Cheese Quesadilla Steamed Corn Mexican Rice Or Turkey Sandwich 18 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Ravioli Bake Garlic Knots Or Turkey Sandwich Buttery Carrots 19 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Shepherd's Pie Or Turkey Sandwich Roll 20 <i>Fresh Fruit and Vegetable Bar Available Daily</i>
 Pancakes Hash Brown Sausage Patty Or Tuna Salad Sandwich 23 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Lasagna Roll Up Caesar Salad Garlic Bread Or Tuna Salad Sandwich 24 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Sweet & Sour Chicken Stir Fried Veggies Rice Or Tuna Salad Sandwich 25 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Cheesy Bread Sticks Marinara Sauce Steamed Broccoli Or Tuna Salad Sandwich 26 <i>Fresh Fruit and Vegetable Bar Available Daily</i>	Chicken Patty Sandwich Or Tuna Salad Sandwich Steak Fries 27 <i>Fresh Fruit and Vegetable Bar Available Daily</i>
Chicken Tenders Rice Pilaf Sweet Corn Or Ham & Cheese Sandwich 30 <i>Fresh Fruit and Vegetable Bar Available Daily</i>				



Meal Prices:
 \$3.00 Student/\$4.00 Adult
 Reduced/Free Student \$0.00

* This Institution is an Equal Opportunity Provider
 Eden Central Elementary Food Service Coordinator: Bonnie Tenney
 LNSUUSD Director of Nutritional Services: Karyl Kent (802)851-1258

* Menu Subject To Change Based on Availability