

February 2018

LUHS Lunch Menu



Monday & Wednesday Pasta Bar
 Changing selection of pasta and sauce.
Friday Pizza Station
 Vermont Made Pastabilities Pizza
 Cheese, Pepperoni, Veggie and Chef's Choice
 Pizza and Pasta Bars Include Salad, Fruit and
 Milk for a Complete Meal!



Available Everyday
Create your Own Sandwich Bar
 Assorted Deli Meats, Cheeses
 and Lots of Veggie Toppings
Soup and Salad Bar
 Fresh, homemade soups and specialty salads
 Includes Fruit and Milk for a Complete Meal!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Patty Sandwich Sweet Corn (Sriracha Mayo, Sweet Chili Sauce or Buffalo)	2 No School
5 Fish & Chips Crispy Baked Maine Redfish French Fries Coleslaw	6 Build Your Own Taco Bowl Taco Meat, Beans, Mexican Rice, Cheese, Fiesta Corn, Sour Cream, Salsa	7 Chicken Shawarma Pitas Middle Eastern Grilled Chicken with Lettuce, Tomato, Onion and Yogurt Sauce Roasted Zucchini	8 Paninis Cubano: Pulled Pork, sliced Ham, provolone, pickles Caprese with mozzarella, spinach, tomato, red onion & pesto	9 Chicken Tenders Parmesan Garlic Potato Wedges
12 General Tso's Chicken or Tofu Steamed Brown Rice Veggie Stir Fry	13 Nachos Turkey Taco, Beans, Queso, Salsa, Sour Cream	14 Lovin' Lamoille Local Valentine's Lunch Local Beef Stew with Cheddar Biscuits Apple Waldorf Salad	15 Barbeque Chicken or Tofu Corn Pudding Coleslaw Braised Greens	16 Korean Beef Bulgogi Tacos with Sesame Ginger Slaw and Sriracha Cream
19 Macaroni & Cheese Bar Broccoli, Bacon, Buffalo Chicken... Mixed Vegetables	20 Crispy Chicken Caesar Wraps Sweet Potato Fries	21 Baha Fish Tacos with pineapple salsa and crispy slaw Coconut Rice & Beans	22 Burger Bar Hamburgers, Veggie Burgers Onion Rings	23 Haute Dog Bar Chili, Cheese, Saurkraut...
26	27	28		

Student Lunch: \$3.00, Free/Reduced \$0.00, Adult Lunch: \$3.75
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Menu Contains Local Ingredient (s)
 Menu subject to change due to product availability