

March 2018 LUHS Lunch Menu

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 & 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!



Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 No School	6 No School	7 Chicken Patty Sandwich (Sriracha Mayo, Sweet Chili Sauce or Buffalo) 	8 Meatball Sub with Marinara and mozzarella Tuscan Veggies	9 Nachos Turkey Taco, Beans, Queso, Salsa, Sour Cream
12 Chicken Tenders Parmesan Garlic Potato Wedges	13 Taco Bar Turkey Taco Refried Beans Mexican Rice Salsa, Guac, Sour Cream	14 Pi Day 3.14 Chicken & Stuffing Pie Broccoli & Cheddar Pie Tollhouse Cookie Pie	15 Crispy Fish & Chips Maine Acadian Redfish French Fries Coleslaw	16 St Patrick's Day Corned Beef and Cabbage Dinner Irish Soda Bread
19 Lamoille Sugar Makers Lunch VT Maple Rosemary Chicken Maple & Cider Glazed Carrots Wild Rice Pilaf	20 First Day of Spring Spring Chicken Pesto Prima Vera on Pasta Springs Spring Greens with Strawberries	21 BBQ Pulled Pork Corn Pudding Braised Kale & Chard	22 Burger Bar Hamburgers, Veggie Burgers Onion Rings	23 No School
26 Grilled Cheese Grilled Ham & Cheese Homemade Tomato Soup	27 Macaroni & Cheese Bar Broccoli, Bacon, Buffalo Chicken... Mixed Vegetables	28 Quesadillas Chicken & Cheese Black Bean & Veg Spanish Rice	29 Classic Meatloaf with Gravy Mashed Potatoes Garlic Green Beans	30 Mandarin Orange Chicken Spring Rolls Fried Rice Sir Fried Veggies

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