

# May 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 <b>Taco Bar</b> Turkey Taco Refried Beans  Mexican Rice Salsa, Guac, Sour Cream	2 <b>Chicken Parmesan with Penne Pasta</b> Roasted Zucchini	3 <b>Buffalo Chicken Panini</b> <b>Caprese Panini</b> Roasted Tuscan Veg	4 <b>Classic Tuna Casserole</b> Sweet Green Peas
7 <b>Turkey ala King</b> over Rice Cranberry Sauce Mixed Vegetable 	8 <b>Quesadillas</b> Chicken or Bean & Cheese Guacamole, Salsa, Sour Cream 	9 <b>Vermont Panini</b> Turkey, Cranberry, Cheddar, Spinach & Onion 	10 <b>Macaroni &amp; Cheese</b> Steamed Broccoli 	11 <b>Chicken Patty Sandwich</b>  (Sriracha Mayo, Sweet Chili Sauce or Buffalo)
14 <b>Meatball Sub</b> With Marinara & Mozzarella Roasted Veggies	15 <b>Nachos</b>  Meat and/or Refried Beans Queso Cheese Sauce	16 <b>Shepherd's Pie</b> Cornbread 	17 <b>Grilled Chicken or Tofu</b> <b>Chimichurri</b> Potato Salad	18 <b>Baha Fish Tacos</b> Pineapple Salsa, Crispy Slaw & Chipotle Crema Coconut Rice & Beans
21 <b>French Toast</b> Vt Sausage Links  Maple Syru	22 <b>BBQ Pulled Pork</b> Sandwich Roasted Potatoes 	23 <b>Maple Rosemary Chicken or Tofu</b> Rice Pilaf  Garlic Green Beans 	24 <b>Burger Bar</b> Hamburgers, Veggie Burgers  Macaroni Salad 	25 <b>Szechuan Orange Chicken</b> Steamed Rice Stir Fried Veggies
28 <b>No School Memorial Day</b>	29 <b>Taco Bar</b> Turkey Taco Refried Beans  Mexican Rice Salsa, Guac, Sour Cream	30 <b>Local Grilled Jamaican Jerk Chicken Sandwich</b> With Pineapple Salsa <b>Vt Apple Slaw</b> 	31 <b>BBQ Boneless Pork Ribs</b> Baked Beans Coleslaw Cornbread	

**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