

November 2018

Lamoille Union/GMTCC

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/Friday Pasta Bar

Changing selection of pasta and sauce.

Tuesday/Thursday Pizza Station

Pizzas, Flatbreads, Pizza Sticks...

Pizza and Pasta Bars Include Salad, Fruit and Milk
for a Complete Meal!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grill: General Tso's Chicken/Brown Rice  Chef's Special: Italian Stromboli/ Mediterranean 	2 Grill: Italian Sausage & Peppers/Onion Rings Chef's Special: Chicken & Waffles 
5 Grill: Grilled Turkey & Bacon w Panni/ Slaw Chef's Special: Southern "Fried" Chicken Collards Corn Pudding 	6 Grill: BBQ Pulled Pork Sandwich/Slaw Chef's Special: Cheese Lasagna/ Caesar Salad 	7 Grill: Quesadillas/ Mexican Rice Chef's Special: Baked Potato Bar w all the toppings! 	8 Grill: Sloppy Joes /Tater Tots Chef's Special: Monte Cristos: Grilled Ham, Turkey & Cheese French Toast Style/Tater Tots 	9 No School
12 Grill: Pesto Chicken Melt Sandwich/Sweet Potato Fries Chef's Special: Shepherd's Pie 	13 Grill: Fajitas/ Mexican Rice Chef's Special: Spaghetti and Meatballs 	14 Grill: Nachos Grande Chef's Special: Pancakes Hash browns, Sausage 	15 Grill: Hawaiian Pulled Pork Sandwich Chef's Special: Curry Chicken w Rice 	16 Thanksgiving Dinner Roast Turkey Mashed Potato Stuffing Squash Brussels Sprouts Kale Salad Cranberry Sauce Pies
19 Grill: Fish Filet Sandwich/Coleslaw Chef's Special: Stuffed Peppers 	20 Grill: Chicken Tenders/fries Chef's Special: Turkey & Biscuits/Cranberry Sauce 	21 No School	22 No School	23 No School
26 Grill: Burger Bar Chef's Special: Honey Lemon Chicken w Rice Pilaf	27 Grill: Paninis: Vermonter or Caprese Chef's Special: Macaroni & Cheese 	28 Grill: Grilled Cheese/ Grilled Ham & Cheese Chef's Special: Baja Fish Tacos	29 Grill: Chili Dog / Tater Tots Chef's Special: Roast Chicken & Gravy Mashed Potato 	30 Grill: Philly Cheese Steak/Fries Chef's Special: Maple Glazed Baked Ham/Sweet Potato 

Student Lunch: \$3.00, Free/Reduced \$0.00, Adult Lunch: \$4.00

USDA is an equal opportunity provider.



Menu Contains Local Ingredient (s)

Menu subject to change due to product availability