

# October 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
<b>1 Grill:</b> Philly Cheesesteak/Onion Rings <b>Chef's Special:</b> Sweet & Sour Chicken/Brown Rice	<b>2 Grill:</b> Teriyaki Grilled Chicken Sandwich <b>Chef's Special:</b> Macaroni & Cheese Bar	<b>3 Grill:</b> Grilled Turkey Reuben Sandwich <b>Chef's Special:</b> Fish & Chips: Crispy Baked Maine Redfish/Fries	<b>4 Grill:</b> Meatball Sub <b>Chef's Special:</b> Tacos/Mexican Rice & Beans	<b>5 Grill:</b> Greek Chicken Gyro /Spiral Fries <b>Chef's Special:</b> Meatloaf/Mashed Potato
<b>8 Grill:</b> Korean Beef Bulgogi Sandwich /Onion Rings <b>Chef's Special:</b> Calzones w Marinara	<b>9 Grill:</b> BBQ Pulled Pork Sandwich/Slaw <b>Chef's Special:</b> Cheese Lasagna/ Caesar Salad	<b>10 Grill:</b> Quesadillas/Mexican Rice <b>Chef's Special:</b> Baked Potato Bar w all the toppings!	<b>11 Grill:</b> Sloppy Joes /Tater Tots <b>Chef's Special:</b> Monte Cristos: Grilled Ham, Turkey & Cheese French Toast Style/Tater Tots	<b>12 Grill:</b> Grilled Cheese/Grilled Ham & Cheese <b>Chef's Special:</b> Chicken & Biscuits/Cranberry Sauce
<b>15 Grill:</b> Jamaican Jerk Chicken Sandwich/Sweet Potato Fries <b>Local Lamoille Lunch</b> <b>Shepherd's Pie:</b> Boyden Beef, Knee Deep Potatoes, GMTCC Veggies	<b>16 Grill:</b> Fajitas/ Mexican Rice <b>Chef's Special:</b> Chicken Parmesan Dinner with Pasta & Mixed Vegetables	<b>17 Grill:</b> Nachos Grande <b>Chef's Special:</b> Maple Rosemary Chicken Mashed Potato	<b>18</b> No School	<b>19</b> No School
<b>22 Grill:</b> Grilled BBQ Chicken Sandwich <b>Chef's Special:</b> Stuffed Peppers	<b>23 Grill:</b> Chicken Tenders/fries <b>Chef's Special:</b> Baja Fish Tacos	<b>24 Grill:</b> Chili Dog / Tater Tots <b>Chef's Special:</b> Roast Chicken & Gravy Mashed Potato	<b>25 Grill:</b> Hawaiian Pulled Pork Sandwich <b>Chef's Special:</b> Curry Chicken w Rice	<b>26 Grill:</b> Fish Filet Sandwich/Coleslaw <b>Chef's Special:</b> Maple Glazed Baked Ham/Sweet Potato
<b>29 Grill:</b> Burger Bar <b>Chef's Special:</b> Roasted Pork with Rosemary Red Potatoes	<b>30 Grill:</b> Paninis: Vermonter or Caprese <b>Chef's Special:</b> Honey Lemon Chicken w Rice Pilaf	<b>31 Grill:</b> Bat Wings (chicken) , Halloween Slaw <b>Chef's Special:</b> GHOUL-ash & Garlic	<b>1 Grill:</b> Crispy Ranch Chicken Wrap <b>Chef's Special:</b> Italian Stromboli/ Mediterranean	<b>2 Grill:</b> Italian Sausage & Peppers <b>Chef's Special:</b> Chicken & Waffles

**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