

**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!



# January 2018

## LUHS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>	2 <b>Fish &amp; Chips</b> Crispy Baked Maine Redfish French Fries Coleslaw	3 <b>Shepherd's Pie</b> Green Beans Garlic Bread	4 <b>Chicken Patty Sandwich</b> Sweet Corn (Sriracha Mayo, Sweet Chili Sauce or Buffalo)	5 <b>Hearty Chili con Carne Or Veggie Chili</b> Tortilla Chips, Cheese, Sour Cream
8 <b>Grilled Italian Sausage</b> with Onions & Peppers on Roll Baked Beans	9 <b>Build your own Taco Bowl</b> Taco Meat, Beans, Mexican Rice, Cheese, Fiesta Corn, Sour Cream, Salsa	10 <b>German Meatloaf (Bouletten)</b> Sour Cream Gravy Mashed Potato Maple Glazed Carrots	11 <b>Paninis</b> <b>Buffalo Chicken</b> with mozzarella, spinach, tomato & red onion <b>Caprese</b> with mozzarella, spinach, tomato, red onion & pesto	12 <b>Maple Rosemary Chicken</b> Rice Pilaf Tuscan Mixed Vegetables
15 <b>Martin Luther King Jr. Day No School</b>	16 <b>Chicken Carbonara</b> Steamed Broccoli Caesar Salad	17 <b>BBQ Pulled Pork Sandwich Or Garden Burgers</b> Potato Wedges	18 <b>Roast Turkey Dinner</b> Stuffing Mashed Potato Roasted Vegetables	19 <b>Greek Chicken Gyro Or Falafel Gyro with</b> Tzatziki Sauce Roasted Zucchini & Onions
22 <b>Macaroni &amp; Cheese Bar</b> Broccoli, Bacon, Buffalo Chicken... Mixed Vegetables	23 <b>Quesadillas</b> Chicken or Bean & Veg. Spanish Rice Fresh Fruit & Veggie Bar	24 <b>Chicken Pot Pie</b> Winter Squash Cranberry Sauce	25 <b>Burger Bar</b> Hamburgers, Veggie Burgers Onion Rings	26 <b>Lamoille North BLT's or TLT's</b> (Tofu Lettuce & Tomato) Hearty Chicken Noodle Soup
29 <b>Chicken Nuggets</b> Veggie Lo Mein Noodles	30 <b>Vt Maple Sloppy Joes Lentil Sloppy Joes</b> Sweet Corn Rosemary Roasted potatoes	31 <b>Szechuan Orange Chicken or Tofu</b> Steamed Brown Rice Stir Fried Veggies Spring Rolls	★ <b>Student Designed Menu</b>	

Student Lunch: \$3.00, Free/Reduced \$0.00, Adult Lunch: \$3.75

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This institution is an equal opportunity provider.



Menu Contains Local Ingredient (s)

Menu subject to change due to product availability