













# April 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
<b>2 Hot Dogs or Sausage Italian Hot or Sweet</b> Grilled Onions & Peppers Baked Beans 	<b>3 Fajitas: Chicken or Tofu</b> Spanish Rice  Refried Beans 	<b>4 Beef Stroganoff</b> Sweet Corn 	<b>5 Hawaiian Pulled Pork Sandwich</b> Pineapple Salsa Quinoa Tabbouleh Salad	<b>6 Meatball Sub</b> with Marinara and mozzarella  Tuscan Veggies
<b>9 Buffalo Chicken Panini</b> <b>Caprese Panini</b> Roasted Tuscan Veg	<b>10 Taco Bar</b> Turkey Taco  Refried Beans Mexican Rice Salsa, Guac, Sour Cream	<b>11 Roast Turkey Dinner</b> Mashed Potato Garlic Green Beans Dinner Roll	<b>12 Lasagna Meat or Veg</b>  Roasted Tuscan Veg	<b>13 Chicken Patty Sandwich</b>  (Sriracha Mayo, Sweet Chili Sauce or Buffalo Cheesy Broccoli Rice)
16 Spring	17 Break!	18 No School!	19 Get Outdoors!	20 Enjoy!
<b>23 Chicken Tenders</b> Sweet Potato Fries	<b>24 Monterey Bake</b> (South Western Rice & Chicken)  Kale Salad	<b>25 Local Lamoille Lunch</b> <b>VT Maple Sloppy Joes</b> Tater Tots 	<b>26 Burger Bar</b> Hamburgers, Veggie Burgers  Onion Rings	<b>27 Sweet &amp; Sour Chicken</b> Steamed Rice Stir Fried Veggies
<b>30 Crispy Fish &amp; Chips</b> Maine Acadian Redfish  French Fries Coleslaw Dinner Roll				

**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