

April 2018 LUMS 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!

What is a complete School Lunch?

Students are offered:











*Protein *Grain *Vegetable *Fruit *Milk

Students choose at least 3 different meal items, one must be a fruit/vegetable to be a complete meal. Students may take all 5 items. Incomplete meals are charged at a higher ala carte rate.

Ala Carte and Snack Items may not be charged, a student must have funds in their account to purchase these items.

A Complete Meal is the Best Deal!



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

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

Keep your account funded at MYSCHOOLBUCKS.COM

This institution is an equal opportunity provider.



Menu Contains Local Ingredient (s)

Menu subject to change due to product availability