

December 2017 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 item must be a fruit/vegetable to be considered a complete meal.

Students may take all 5 items if they want. Incomplete meals are charge at a higher a la carte rate.

A la Carte and Snack items may not be charged, a student must have funds in their lunch account to purchase these items

A complete Meal is the best

Monday	Tuesday	Wednesday	Thursday	Friday
★ Student Designed Menu				1 Chicken Nuggets Baked Beans Coleslaw
4 Build your own Burrito Bar Taco Meat, Beans, Mexican Rice, Cheese, Corn, Sour Cream, Salsa ★	5 BBQ Pulled Pork Sandwiches Or Garden Burgers F	6 German Meatloaf (Bouletten) Sour Cream Gravy Pasta Maple Glazed Carrots (Similar to Swedish Meatballs)	7 Sweet & Sour Chicken or Tofu Steamed Brown Rice Sesame Roasted Broccoli	8 Pizza Pepperoni, Cheese or Veggie Mixed Vegetables
11 Meatball Sub with Marinara & Mozzarella Mediterranean Veggies	12 Chicken Carbonara Garlic Green Beans Caesar Salad ★	13 Chicken Pot Pie Winter Squash Cranberry Sauce F	14 Burger Bar Hamburgers, Veggie Burgers Green Beans F	15 Lamoille North BLT's or TLT's (Tofu Lettuce & Tomato) ★ Hearty Chicken Noodle Soup
18 Baked Potato Bar Cheese Sauce, Broccoli, Chili, Sour Cream Caesar Salad F	19 Quesadillas Chicken or Bean & Veg. Spanish Rice Fresh Fruit & Veggie Bar	20 Local Lamoille Winter Feast Slow Braised Local Beef Garlic Smashed Potatoes Roasted Seasonal Vegetables F Maple Oat Freestyle Rolls Black Forest Cake or English Trifle	21 Chicken Patty Sandwich Coleslaw (Sriracha Mayo, Sweet Chili Sauce or Buffalo)	22 Pizza Pepperoni, Cheese or Veggie Mixed Vegetables
25 No School	26 Have a	27 Happy	28 Holiday!	29 See you Next Year!

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