

# February 2018

## LUMS Lunch Menu



### 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!***



### 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	Tuesday	Wednesday	Thursday	Friday
			1 <b>Chicken Patty Sandwich</b> Sweet Corn (Sriracha Mayo, Sweet Chili Sauce or Buffalo)	2 <b>No School</b>
5 <b>Fish &amp; Chips</b> Crispy Baked Maine Redfish French Fries Coleslaw	6 <b>Build Your Own Taco Bowl</b> Taco Meat, Beans, Mexican Rice, Cheese, Fiesta Corn, Sour Cream, Salsa	7 <b>Spaghetti &amp; Meatballs</b> Caesar Salad	8 <b>Grilled Cheese or Grilled Ham &amp; Cheese</b>	9 <b>Chicken Tenders</b> Parmesan Garlic Potato Wedges
12 <b>General Tso's Chicken or Tofu</b> Steamed Brown Rice Veggie Stir Fry	13 <b>Nachos</b> Turkey Taco, Beans, Queso, Salsa, Sour Cream	14 <b>Lovin' Lamoille Local Valentine's Lunch</b> Local Beef Stew with Cheddar Biscuits Apple Waldorf Salad	15 <b>Barbeque Chicken or Tofu</b> Corn Pudding Coleslaw Braised Greens	16 <b>Pizza Pepperoni, Chees or Veggie</b>
19 <b>Macaroni &amp; Cheese Bar</b> Mixed Vegetables	20 <b>Crispy Chicken Caesar Wraps</b> Sweet Potato Fries	21 <b>Pasta Alfredo</b> Caesar Salad	22 <b>Burger Bar</b> Hamburgers, Veggie Burgers Onion Rings	23 <b>Haute Dog Bar</b> Chili, Cheese, Saurkraut...
26 <b>Winter</b>	27 <b>Break</b>	28 <b>No School</b>		

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

Keep your account funded at [MYSCHOOLBUCKS.COM](http://MYSCHOOLBUCKS.COM)

This institution is an equal opportunity provider.



Menu Contains Local Ingredient (s)

Menu subject to change due to product availability