

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/Friday Pasta Bar**  
Changing selection of pasta and sauce.

**Tuesday/Thursday Pizza Station**  
Pizzas, Flatbreads, Pizza Sticks...

Pizza and Pasta Bars Include Salad, Fruit and Milk  
for a Complete Meal!  
Milk: 1%, Skim, Fat Free Chocolate



February 2019

Lamoille Union/GMTCC

Lunch Menu

**Meal Prices**  
Student: \$3.00  
Free: \$0.00  
Reduced \$0.00  
Adult: \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Grill:</b> Popcorn Chicken & Fries <b>Chef's Special:</b> Crispy Acadian Redfish, Rice Pilaf
<b>4 Grill:</b> Cajun Grilled Chicken Sandwich w lettuce/tomato & special sauce <b>Chef's Special:</b> Italian Calzones w Marinara	<b>5 Grill:</b> Taco Bar Meat, Beans, Spanish Rice <b>Chef's Special:</b> Cheese Lasagna	<b>6 Grill:</b> Philly Cheese Steak with Oven Fries <b>Chef's Special:</b> Turkey and Biscuits	<b>7 Grill:</b> Burgers & Fries <b>Chef's Special:</b> Macaroni & Cheese	<b>8 Grill:</b> General Tso's Chicken/Brown Rice <b>Chef's Special:</b> Meatball Subs/ Onion Rings
<b>11 Grill:</b> Vermonter Panini Caprese Panini <b>Chef's Special:</b> Barbeque Chicken Mashed Potato/Sweet Corn Roll	<b>12 Grill:</b> BBQ Pulled Pork Sandwich/Slaw <b>Chef's Special:</b> Chicken Parmesan w Pasta & Marinara	<b>13 Grill:</b> Quesadillas/ Mexican Rice <b>Chef's Special:</b> Shepherd's Pie Garlic Roll	<b>14 Grill:</b> Sloppy Joes /Fries <b>Chef's Special:</b> Curry Chicken w Rice	<b>15 Grill:</b> Chicken & Waffles <b>Chef's Special:</b> Chicken Alfredo
<b>18 Grill:</b> Pesto Chicken & Cheese Sandwich/Sweet Potato Fries <b>Chef's Special:</b> Meatloaf, Mashed Potatoes, Roll	<b>19 Grill:</b> Fajitas/ Mexican Rice <b>Chef's Special:</b> Fish and Chips	<b>20 Grill:</b> Nachos Grande <b>Chef's Special:</b> Pancakes Hash browns, Sausage	<b>21 Grill:</b> Chicken Tenders/fries <b>Chef's Special:</b> Turkey a la King with Rice	<b>22 Grill:</b> Chili Dogs <b>Chef's Special:</b> Our Greatest Hits
<b>25 No School</b>	<b>26 No School</b>	<b>27 No School</b>	<b>28 No School</b>	<b>29 No School</b>



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Menu subject to Change. Chef Manager: Larry Smith 802-851-1259