

May 2018 LUMS Lunch

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
	1 Taco Bar Turkey Taco Refried Beans  Mexican Rice Salsa, Guac, Sour Cream	2 Chicken Parmesan with Penne Pasta  Roasted Zucchini	3 Buffalo Chicken Panini Caprese Panini Roasted Tuscan Veg	4 Pizza Pepperoni or Cheese
7 Turkey ala King over Rice Cranberry Sauce  Mixed Vegetables	8 Quesadillas Chicken or Bean & Cheese Guacamole, Salsa, Sour Cream 	9 Vermont Panini Turkey, Cranberry, Cheddar, Spinach & Onion 	10 Macaroni & Cheese Steamed Broccoli 	11 Chicken Patty Sandwich  (Sriracha Mayo, Sweet Chili Sauce or Buffalo)
14 Meatball Sub With Marinara & Mozzarella Roasted Veggies	15 Nachos  Meat and/or Refried Beans Queso Cheese Sauce	16 Shepherd's Pie  Cornbread	17 BBQ Grilled Chicken or Tofu Potato Salad	18 Pizza Pepperoni or Cheese
21 French Toast  Vt Sausage Links Maple Syrup	22 BBQ Pulled Pork Sandwich  Roasted Potatoes 	23 Maple Rosemary Chicken or Tofu  Rice Pilaf  Garlic Green Beans	24 Burger Bar Hamburgers, Veggie Burgers  Macaroni Salad 	25 Szechuan Orange Chicken Steamed Rice Stir Fried Veggies
28 No School Memorial Day	29 Taco Bar Turkey Taco Refried Beans  Mexican Rice Salsa, Guac, Sour Cream	30 Local Grilled Jamaican Jerk Chicken Sandwich  With Pineapple Salsa Vt Apple Slaw 	31 BBQ Boneless Pork Ribs Baked Beans Coleslaw Cornbread	

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