



LUMS LUNCH MENU FEBRUARY 2012



To view your child's lunch account online or deposit money into their account:

Go to the schools website at www.luhsvt.org, then click on the Parent tab and go to the MyNutrikids.com link.

Lunch Price

Paid \$2.75
Adult \$3.50

Breakfast Price

Paid \$1.50
Adult \$2.25

Each Meal

**Includes Choice
Of Entrée**

Main Entrée
Vegetarian Entrée
Hot Sandwich Entrée
Premade Sub
Salad Bar

**Each Entrée
Comes With**

Hot Vegetable
Soup or Salad
Starch or Roll
If Available
&
Dessert or Fruit
Milk



Homemade Soup

Made Daily

* Vegetarian

Milk Choices

1% White Milk
Skim Milk
.5% Chocolate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1ST Spaghetti w/ Meat Marinara or Alfredo Cauliflower Minestrone Soup Garlic Bread	2ND Chicken Pot Pie Broccoli Alfredo Pasta Squash Ribollita Soup	3RD Individual Cheese Pizza Assorted Subs & Chips Tossed Salad Carrot Sticks
6TH Hamburger Bar Veggie Burger Baked Beans French Onion Soup French Fries	7TH Beef Stroganoff Baked Ziti Green Beans *Corn Chowder Roll	8TH Meatlovers Pizza Cheese Pizza Mixed Vegetables Beef Noodle Soup	9TH Taco Bar Cheese Quesadilla Black Beans *Vegetable Soup Butter & Herb Rice	10TH Chicken Fingers & Fries Assorted Subs & Chips Apple Sauce Fruit Cocktail
13TH Shepherds Pie Baked Cheese Ravioli Green Beans *Split Pea Soup Bread Stick	14TH Chicken Stir Fry Veggie Eggroll Boc Choy Vegetable Beef Soup Brown Rice	15TH Pepperoni Calzone Mushroom Calzone Peas & Carrots Chicken Noodle Soup	16TH BBQ Chicken Baked Cajun Fish Cauliflower *Potato Chowder Stuffing	17TH Chicken Sandwich Made to Order Subs Carrots *Vegetable Soup Seasoned Fries
20TH Baked Ziti w/ Meat Sauce Lasagna Roll-ups Green Beans Beef Barley Soup Garlic Bread	21ST Meatloaf Grilled Cheese Orange Glaze Carrots *Duchess Soup Mashed Potato	22ND Chicken Fajita Nachos & Cheese Broccoli & Cheese Herbed Meatball Rice	23RD Goulash Mac & Cheese Cauliflower *Broccoli Cheddar Roll	24TH Hamburger Bar Made to Order Subs Spinach *Vegetable Soup Potato Puffs
27TH	28TH	29TH	 	
VACATION				

Offered Daily

Premade Subs - Ham, Turkey, Roast Beef, or Tuna, with Am Cheese or Provolone, Lettuce, Onion, Tomato, Pickles.
Served on Assorted Wraps, Breads, Whole Wheat Rolls & White Sub Rolls.

Self Serve Salad Bar - Mix of Greens, Tomato, Carrots, Cucumber, Onions, Broccoli, Cauliflower, Sprouts, Garbanzo Beans,
Cottage Cheese, Shredded Cheese, Ham, Turkey, Hard Boiled Eggs.