

Lamoille Union High School August & September 2011 Lunch Menu

Don't be a fool. eat at school!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Price Paid \$2.75 Adult \$3.50	29th Chicken Fingers Eggplant Parmesan Sloppy Joe on a ww Bun Green Beans * Cr. of Mushroom Soup French Fries	30th Taco Bar Nachos Grande Chicken Teriyaki Wrap Broccoli -N- Cheese Chicken Noodle Soup Refried Beans	31st Chicken Stir Fry Broccoli Quiche Beef Burrito Corn * Tomato Soup Brown Rice	1st Hamburger Bar Veggie Burger Curried Chicken Salad Wrap Spinach Chicken Rice Soup Sweet Potato Fries	2nd NO SCHOOL
Breakfast Price Paid \$1.50 Adult \$2.25	5th NO SCHOOL	6th Chicken Sandwich Veggie Patty Grilled Cheese Burger Lima Beans Beef Barley Soup Potato Wedges	7th Hawaiian Flatbread Pizza Flatbread Pizza Vermont Spinach Chicken Noodle Soup	8th Spaghetti w/ Meat Sauce Marinara or Alfredo Sauce Steak & Cheese Sub Green Beans Minestrone Soup Garlic Bread	9th Chicken Fajita Bean Burrito Fish Sandwich Broccoli Chili Orange Rice Pilaf
Each Meal Includes Choice Of Entrée Main Entrée Vegetarian Entrée Hot Sandwich Entrée Deli Bar Salad Bar	12th Beef Taco Pie Cheese Quesadilla Buffalo Chicken Sandwich Corn Chicken Rice Soup Spanish Rice	13th Chicken Pot Pie Grilled Cheese Grilled Turkey Gobbler Squash *Tomato Soup Stuffing	14th Meat Lasagna Vegetable Lasagna Italian Sub Mixed Vegetables Chicken Vegetable Soup Whole Wheat Bread Sticks	15th Pepperoni Pizza Mushroom Pizza Meatball Sub French Green Beans Split Pea Soup w/ Ham	16th Chicken Lo Mein Veggie Eggroll Fish Nuggets Bok Choy * Vegetable Soup Fried Rice
Each Entrée Comes With Hot Vegetable Soup or Salad Starch or Roll If Available & Dessert or Fruit Milk	19th Beef Stroganoff Baked Ziti Grilled Reuben Cauliflower Oriental Chicken Soup Whole Wheat Roll	20th Baked Cajun Fish Macaroni & Cheese Spicy Chicken Patty Broccoli Mushroom Barley Soup Whole Wheat Dinner Roll	21st Spaghetti w/ Meat Sauce Marinara or Alfredo Sauce Monte Cristo Italian Mixed Vegetables Minestrone Soup Garlic Bread	22nd Beef & Bean Tamale Pie Broccoli Ch. Rice Casserole BBQ Chicken Sandwich Orange Glazed Carrots Beef Noodle Soup	23rd Hamburger Bar Veggie Burger Hot Dogs Beets * Vegetable Soup Potato Puffs
Homemade Soup Made Daily * Vegetarian	26th Ham & Cheese Omelet French Toast Sticks Turkey Club Warm Cinnamon Apples Strawberry Soup Homefried Potatoes	27th Meat Lovers Calzone Cheese Calzone Turkey Bacon Wrap Peas *Cream of Broccoli	28th Chicken Tetrizzini Stuffed Shells French Dip Carrots Duchess Soup Whole Wheat Breadsticks	29th Taco Bar Nachos Grande Chicken Quesadilla Broccoli -N- Cheese Sauce Chicken Vegetable Soup White Rice	30th Ground Beef & Macaroni Cheese Ravioli Chicken Finger Wrap Wax Beans Potato Chowder Whole Wheat Dinner Roll
Milk Choices 1% White Milk Skim Milk .5% Chocolate	Offered Daily				

Made to Order Deli Bar - Ham, Turkey, Roast Beef, Salami, Tuna, Am Cheese, Provolone & Swiss, Lettuce, Onion, Tomato, Pickles.
Served on choice of Assorted Wrap, Breads, Whole Wheat Roll or White Sub Roll.

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