

# Aug-Sept 2019

## Lamoille Union/GMTCC

### Lunch Menu



#### 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 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!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aug 26 Grill:</b> BBQ Pulled Pork Sandwich/ Coleslaw <b>Chef's Special:</b> Mandarin Orange Chicken, Rice, Stir Fried veggie	<b>27 Grill:</b> Crispy Chicken Sandwich/Curley Fries <b>Chef's Special:</b> Macaroni & Cheese	<b>28 Grill:</b> Grilled Cheese/ Grilled Ham & Cheese <b>Chef's Special:</b> Classic Shepherd's Pie	<b>29 Grill:</b> Italian Meatball Sub w Marinara & Mozzarella <b>Chef's Special:</b> Tacos Bar Mexican Rice & Beans	<b>30 No School</b>
<b>Sept 2 Labor Day No School</b>	<b>3 Grill:</b> BBQ Pulled Pork Sandwich & Coleslaw <b>Chef's Special:</b> Cheese Lasagna Rolls w Garlic Knots	<b>4 Grill:</b> Quesadillas with Mexican Rice <b>Chef's Special:</b> Baked Potato Bar w all the toppings!	<b>5 Grill:</b> Sloppy Joes w Roasted Potatoes <b>Chef's Special:</b> Monte Cristos: Grilled Ham, Turkey & Cheese French Toast Style w Roasted Potatoes	<b>6 Grill:</b> Burger Bar & Hot Dogs, Potato Salad... <b>Chef's Special:</b> Baja Fish Tacos w Pineapple salsa & Chipotle Cream
<b>9 Grill:</b> Jamaican Jerk Chicken Sandwich w Sweet Potato Fries <b>Chef's Special:</b> Stuffed Peppers	<b>10 Grill:</b> Fajitas, Chicken or Beef w Mexican Rice <b>Chef's Special:</b> Yankee Pot Roast Roasted Potatoes & Carrots	<b>11 Grill:</b> Nachos Grande <b>Chef's Special:</b> Maple Rosemary Chicken with Creamy Risotto	<b>12 Grill:</b> Greek Chicken Gyro w Spiral Fries <b>Chef's Special:</b> Larry's Famous Meatloaf w Mashed Potato	<b>13 Grill:</b> Philly Cheesesteak w Onion Rings <b>Chef's Special:</b> General Tso's Chicken w Brown Rice
<b>16 Grill:</b> Quesadillas, Mexican Rice <b>Chef's Special:</b> Barbecue Chicken, Corn Pudding, Greens	<b>17 Grill:</b> Chicken Tenders & Fries <b>Chef's Special:</b> Chicken & Biscuits/Cranberry Sauce	<b>18 Grill:</b> Chili Dog / Tater Tots <b>Chef's Special:</b> Crispy Baked Maine Redfish/Mashed Potato	<b>19 Grill:</b> Hawaiian Pulled Pork Sandwich <b>Chef's Special:</b> Curry Chicken w Rice	<b>20 Grill:</b> Fish Filet Sandwich/Curley Fries <b>Chef's Special:</b> Cheese Ravioli Bake
<b>23 Grill:</b> Burger Bar w Onion Rings <b>Chef's Special:</b> Roasted Pork with Rosemary Red Potatoes	<b>24 Grill:</b> Paninis: Vermonter or Caprese <b>Chef's Special:</b> Creamy Tuscan Chicken Penne	<b>25 Grill:</b> Chicken Nuggets Spiral Fries <b>Chef's Special:</b> Italian Stromboli/ Mediterranean Veggies	<b>26 Grill:</b> Buffalo Chicken Panini w Onion Rings <b>Chef's Special:</b> Cheese Lasagna Rolls w Garlic Knots	<b>27 Grill:</b> Sloppy Joes w Tater Tots <b>Chef's Special:</b> Honey Balsamic Chicken with Rice Pilaf
<b>30 Grill:</b> Grilled Turkey Reuben Sandwich <b>Chef's Special:</b>				

Student Lunch: \$3.00, Free/Reduced \$0.00, Adult Lunch: \$4.00

USDA is an equal opportunity provider.



Menu Contains Local Ingredient (s)

Menu subject to change due to product availability