



# LUHS LUNCH MENU

## January 2012



To view your child's lunch account online or deposit money into their account:  
Go to the schools website at [www.luhsvt.org](http://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  
Deli Bar  
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  
F.F. Chocolate

### Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd	3rd	4th	5th	6th
	chicken sandwich eggplant parmesan hot dogs carrots * cream of mushroom soup sweet potato fries	turkey pot pie broccoli alfredo pasta steak & cheese sub squash * tomato soup	spaghetti w/ meat marinara or alfredo chicken flatbread sandwich italian mixed vegetables turkey vegetable soup garlic bread	chicken fajita bean burrito hot ham & cheese sub cauliflower green bean & potato soup white rice
9th	10th	11th	12th	13th
beef & broccoli nachos grande turkey club peas chicken rice soup brown rice	ground beef & macaroni mac & cheese grilled rueben mixed vegetables vegetable beef soup breadsticks	hawaiian pizza cheese pizza curried chicken salad wrap spinach minestrone soup	taco bar cheese quesadilla ham & cheese wrap corn sausage potato soup	shepherds pie baked cheese ravioli buffalo chicken sub green beans fish chowder roll
16th	17th	18th	19th	20th
NO SCHOOL	chicken tenders fish wedges french fries carrots vegetable beef soup	meatball sub bagel pizza herbed pasts mixed vegetables * duchess soup	chicken patty veggie patty sweet potato fries peas beef barley soup	hamburger bar Fishwich french fries spinach * vegetable soup
23rd	24th	25th	26th	27th
baked ziti w/ meat sauce lasagna roll-up italian sub green beans split pea soup garlic bread	italian baked chicken breast cajun fish california wrap corn herbed meatball soup rice	pepperoni calzone three cheese calzone bbq chicken sub carrots chicken noodle soup	sausage egg & ch casserole french toast stix turkey gobbler sliced apples & cinnamon strawberry soup homefried potatoes	baked meat ravioli stuffed shells teriyaki chicken wrap broccoli * corn chowder roll
30th	31st			
chicken stir fry veggie eggroll chicken quesadilla spinach * cream of broccoli rice	hamburger bar veggie burger vermonter sandwich carrots cajun chicken soup french fries			

**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.

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