**BHS LUNCH MENU**

### LINE 1: Grab-and-Go
*Get a meal quickly and be on your way!*

*Express Lunch:* Pizza, Chicken Sandwich, Hot Dog or VT Hamburger

*Hot Sandwich:* Variety of wraps/Rotating Panini Specials including beef burrito, buffalo chicken wrap, Grilled Cheese, chicken teriyaki, chicken parmesan, and more!

*Signature Entrée Salads:* Chicken or Tofu Caesar, Sesame Noodles, Protein Power Salad w/ shredded pork, Tropical Chicken Salad, & more!

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### LINE 2: Sandwich Station
*Build your own Sandwich or Panini from a variety of meats, cheeses, veggies and condiments!*

Proteins: Turkey, Ham, Chicken Salad, Egg Salad, Hummus

*Cheeses:* American Cheese, Cheddar and more!

*Veggies:* Lettuce, Red Onions, Peppers, Tomatoes, Cucumbers and Seasonal Veggies

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### LINE 3: BHS Bistro

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>MACARONI MONDAY</strong></td>
<td><strong>STIR FRY</strong></td>
<td><strong>BHS GRILL</strong></td>
<td><strong>BURRITO DAY</strong></td>
<td><strong>STIR FRY-DAY!</strong></td>
</tr>
<tr>
<td>Choice of Marinara, VT</td>
<td>Marinated Beef,</td>
<td>Grilled Beef Burger,</td>
<td>Beef or Chicken with</td>
<td>Marinated Beef,</td>
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<tr>
<td>Beef Meat Sauce, or</td>
<td>Chicken, or Tofu</td>
<td>Chicken Patty or House-</td>
<td>your choice of Beans,</td>
<td>Chicken, or Tofu</td>
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<tr>
<td>Pesto over Whole Grain</td>
<td>with your choice</td>
<td>made Veggie with your</td>
<td>Veggies, house-made</td>
<td>with your choice of</td>
</tr>
<tr>
<td>Pasta with your choice</td>
<td>of Fresh Veggies,</td>
<td>choice of Cheese, Veggies</td>
<td>Salsas and Signature</td>
<td>Fresh Veggies,</td>
</tr>
<tr>
<td>of Veggies</td>
<td>Garlic, and Ginger</td>
<td>and other toppings!</td>
<td>Dressings</td>
<td>Garlic, and Ginger</td>
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<td></td>
<td></td>
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<td>over Rice or Noodles</td>
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</tbody>
</table>

All Meals include Full Salad Bar, Soup du Jour, and Milk or Juice

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**MEAL PRICES**

- **Student:** $3.25
- **Adult:** $4.00

Menu items are subject to change without notice. We offer a variety of choices every day. Daily vegetarian options.

For more information, please contact us at 864-8416 or schoolfood@bsdvt.org.

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