

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 parm, and more!

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

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

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

LINE 3: BHS Bistro

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



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.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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2019-2020