



Lyndon Town School Lunch

March 2025

Menus are subject to change

Meals Are Free To All Students

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 No School	5 Chicken & Cheese Fajita w/Fresh Green Peppers Garden Salsa Steamed Corn Seasoned Black Beans Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	6 Pepperoni Pizza Cheese Pizza Homemade Ham & Pineapple Pizza Caesar Salad Fresh Fruit & Veggie Bar Milk Variety	7 Layered Chicken Bowl (Popcorn Chicken, Mashed Potato, & Corn) Dinner Roll Fresh Fruit & Veggie Bar Milk Variety
10 Dress Your Own Hot Dog Roasted Potato Wedges Fresh Fruit & Veggie Bar Milk Variety	11 Taco Bar w/ Hard or Soft Shell Plant Powered Taco Bar w/ The Works Steamed Corn Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	12 Homemade Cheesy Breadsticks Marinara Dipping Sauce Chicken Noodle Soup Fresh Fruit & Veggie Bar Milk Variety	13 Breaded Chicken Parmesan w/ Pasta Zucchini Parmesan Garlic Breadstick Fresh Fruit & Veggie Bar Milk Variety	14 Homemade Shepherd's Pie (Ground Beef, Corn & Mashed Potato) Homemade Plant Powered Shepherd's Pie Dinner Roll Fresh Fruit & Veggie Bar Milk Variety
17 Oven Baked BBQ Chicken Roasted Potato Wedges Dinner Roll Fresh Fruit & Veggie Bar Milk Variety	18 Hearty Homemade Meatloaf Chef's Mashed Potato Maple Glazed Carrots Dinner Roll Fresh Fruit & Veggie Bar Milk Variety	19 Fluffy Pancakes VT Maple Syrup Roasted Red Potatoes Scrambled Eggs Fresh Fruit & Veggie Bar Milk Variety	20 Cheesy Chicken & Noodles Steamed Broccoli Maple Muffins- Lunch Fresh Fruit & Veggie Bar Milk Variety	21 Cheese Pizza Homemade Ham & Pineapple Pizza Maple Applesauce Fresh Fruit & Veggie Bar Fresh Apple Milk Variety
Maple Fest Week	Maple Fest Week	Maple Fest Week	Maple Fest Week	Maple Fest Week
24 Chicken & Cheese Quesadilla Steamed Corn Garden Salsa Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	25 Homemade Beef Lasagna Roasted Fresh Zucchini Homemade Garlic Breadstick Fresh Fruit & Veggie Bar Milk Variety	26 Homemade Cheesy Breadsticks Marinara Dipping Sauce Chicken Noodle Soup Fresh Fruit & Veggie Bar Milk Variety	27 Dress Your Own Hot Dog Roasted Potato Wedges Fresh Fruit & Veggie Bar Milk Variety	28 General Tso Chicken Roasted Broccoli Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety

Adult Breakfast \$3.00
Adult Lunch \$5.25
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:

Daily Deli Options

Chef's Salad w/Dinner Roll

Fruit & Yogurt Parfait w/Granola

Milk Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line.
Click Image Below



Harvest of the Month:
Maple Syrup



Click on the image above for more info on the Harvest of the Month!

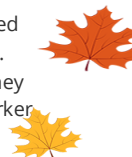
Please advise us if special meal accommodations are required for allergens or

31
Chicken Patty Sandwich w/Lettuce & Tomato
Roasted Broccoli
Fresh Fruit & Veggie Bar
Milk Variety



Maple Syrup Fun Facts

- It takes 40 gallons of sap to make one gallon of syrup. Although modern technology has simplified the process, it still takes a lot of time and work, which is why real maple syrup is more expensive.
- Maple syrup is graded according to its color. Grade A syrups are harvested early in the season. They have a mild flavor and a light color. Grade B maple syrup is harvested later in the season. It is darker in color and has a stronger maple flavor.
- Maple syrup can be used for more than just pancakes! Add it to oatmeal or hot cocoa. Use it in baked goods as a substitute for sugar. Brush it on grilled meat for a sweet glaze.



This institution is an equal opportunity provider.