

Menu Subject to Change				
K - 8 OCTOBER LUNCH MENU 2018-2019				
Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
Southwest Chicken Wrap Celery Sticks Chilled Tropical Fruit Wango Mango Juice Syrup	Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing	Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing	Turkey Cheeseburger Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup	Teriyaki Chicken Chicken Egg Roll WG Slider Bun Fresh Broccoli Fresh Apple Sweet & Sour Dip Ranch Dressing
8th	9th	10th	11th	12th
Turkey Club Sub Tater Tots & Ketchup Fresh Zucchini & Ranch Chilled Pears	Chicken Tacos WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce	Chicken Ala King Creamy Mashed Potato WG French Bread Fresh Broccoli Fresh Melon Butter PC Ranch Dressing	Chicken Patty Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Ranch Dressing Mayo Packet	Italian Seasoned Beef WG Garlic Toast Grape Tomatoes Romaine & Iceberg Blend Fresh Apple Mozzarella Cheese Ranch Dressing
15th	16th	17th	18th	19th
Cheeseburger Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing	BBQ Beef Riblet Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing	No School	No School	No School
22nd	23rd	24th	25th	26th
Turkey Mini Corn Dogs Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Ranch Dressing	BBQ Chicken Slider Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana Ranch Dressing	Beef Nachos Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa	Cheese Stuffed Breadsticks Marinara Dipping Sauce Vegetable Blend Fresh Melon	Pizza Kohlrabi Sticks Carrot Sticks Fresh Grapes
29th	30th	31st	Nov 1st	
Chicken Flatbread Gyro WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC	Beef Tacos Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce	Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce		Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings. Please visit dining.lancerhospitality.com for more information.

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.