

<b>Menu Subject to Change</b>				
<b>K - 8 NOVEMBER LUNCH MENU 2018-2019</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
			1st	2nd
<p>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 <a href="http://dining.lancerhospitality.com">dining.lancerhospitality.com</a> for more information.</p>			<p><b>BBQ Chicken Meatballs</b></p> <ul style="list-style-type: none"> <li>Potato Wedges</li> <li>Cornbread</li> <li>Grape Tomatoes</li> <li>Applesauce</li> <li>Ketchup</li> </ul>	<p><b>Garlic Cheese Pizza Bread</b></p> <ul style="list-style-type: none"> <li>Marinara Sauce</li> <li>Tossed Spinach</li> <li>Sliced Zucchini</li> <li>Fresh Orange</li> <li>French Dressing</li> </ul>
5th	6th	7th	8th	9th
<b>No School</b>	<p><b>Beef Hot Dog</b></p> <ul style="list-style-type: none"> <li>Vegetarian Baked Beans</li> <li>WG Hot Dog Bun</li> <li>Cauliflower Florets</li> <li>Fresh Banana</li> <li>Ketchup</li> <li>Ranch Dressing</li> </ul>	<p><b>Chicken Drumstick</b></p> <ul style="list-style-type: none"> <li>Loaded Mashed Potatoes</li> <li>Whole Grain Cookie</li> <li>Kale/Romaine Salad</li> <li>Fresh Strawberries</li> <li>Italian Dressing</li> </ul>	<p><b>Turkey Cheeseburger</b></p> <ul style="list-style-type: none"> <li>Roasted Red Potatoes</li> <li>Hamburger Bun</li> <li>Shredded Lettuce</li> <li>Fresh Carrots</li> <li>Fresh Grapes</li> <li>Ketchup</li> </ul>	<p><b>Teriyaki Chicken</b></p> <ul style="list-style-type: none"> <li>Chicken Egg Roll</li> <li>WG Slider Bun</li> <li>Fresh Broccoli</li> <li>Fresh Apple</li> <li>Sweet &amp; Sour Dip</li> <li>Ranch Dressing</li> </ul>
12th	13th	14th	15th	16th
<p><b>Meatball Hoagie</b></p> <ul style="list-style-type: none"> <li>Meatballs in Marinara Sauce</li> <li>Hoagie Roll</li> <li>Shredded Mozzarella Cheese</li> <li>Tri Taters &amp; Ketchup</li> <li>Fresh Zucchini &amp; Ranch</li> <li>Chilled Pears</li> </ul>	<p><b>Chicken Tacos</b></p> <ul style="list-style-type: none"> <li>WG Tortilla</li> <li>Shredded Cheddar Cheese</li> <li>Shredded Romaine</li> <li>Refried Beans</li> <li>Fresh Apple</li> <li>Taco Sauce</li> </ul>	<p><b>Chicken Ala King</b></p> <ul style="list-style-type: none"> <li>Creamy Mashed Potato</li> <li>WG Tea Biscuit</li> <li>Fresh Broccoli</li> <li>Fresh Melon</li> <li>Ranch Dressing</li> </ul>	<p><b>Chicken Patty</b></p> <ul style="list-style-type: none"> <li>Green Beans</li> <li>WG Hamburger Bun</li> <li>Fresh Carrots</li> <li>Fresh Grapes</li> <li>Ranch Dressing</li> <li>Mayo Packet</li> </ul>	<p><b>Turkey &amp; Swiss Ciabatta</b></p> <ul style="list-style-type: none"> <li>Grape Tomatoes</li> <li>Romaine &amp; Iceberg Blend</li> <li>Fresh Grapes</li> <li>Mozzarella Cheese</li> <li>Ranch Dressing</li> </ul>
19th	20th	21st	22nd	23rd
<p><b>Cheeseburger</b></p> <ul style="list-style-type: none"> <li>Vegetarian Baked Beans</li> <li>Hamburger Bun</li> <li>Fresh Carrots</li> <li>Fresh Apple</li> <li>Ketchup</li> <li>Ranch Dressing</li> </ul>	<p><b>BBQ Beef Riblet</b></p> <ul style="list-style-type: none"> <li>Glazed Carrots</li> <li>Hoagie Roll</li> <li>Fresh Broccoli</li> <li>Fresh Banana</li> <li>Ranch Dressing</li> </ul>	<b>No School</b>	<b>No School</b>	<b>No School</b>
26th	27th	28th	29th	30th
<p><b>Turkey Mini Corn Dogs</b></p> <ul style="list-style-type: none"> <li>Vegetarian Baked Beans</li> <li>Fresh Carrots</li> <li>Fresh Apple</li> <li>Ketchup</li> <li>Ranch Dressing</li> </ul>	<p><b>BBQ Chicken Slider</b></p> <ul style="list-style-type: none"> <li>Mac &amp; Cheese</li> <li>WG Hamburger Bun</li> <li>Jicama</li> <li>Zucchini Coins</li> <li>Fresh Banana</li> <li>Ranch Dressing</li> </ul>	<p><b>Beef Nachos</b></p> <ul style="list-style-type: none"> <li>Cheese Sauce</li> <li>Corn Tortilla Chips</li> <li>Broccoli</li> <li>Chilled Pineapple</li> <li>Salsa</li> </ul>	<p><b>Cheese Stuffed Breadsticks</b></p> <ul style="list-style-type: none"> <li>Marinara Dipping Sauce</li> <li>Vegetable Blend</li> <li>Fresh Melon</li> </ul>	<p><b>Pizza</b></p> <ul style="list-style-type: none"> <li>Fresh Pea Pods</li> <li>Carrot Sticks</li> <li>Fresh Grapes</li> <li>Ranch Dressing</li> </ul>

**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.