

SEPTEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>FRESH FAVORITE</p>	<p>ZUCCHINI</p> <p>Even though zucchini is served as a vegetable, it's technically a fruit because of its flower. It grows from an edible golden blossom that blooms under the leaves. Zucchini is low in calories and good for your heart, as it is high in potassium and antioxidant vitamin C.</p>		<p>*NEW! BBQ Chicken Slider 1</p> <p>Mac & Cheese</p> <p>Fresh Broccoli & Carrots Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>*NEW! Breakfast Bagel Sandwich 2</p> <p>Turkey Sausage, Egg and Cheese Mixed Green Salad Cucumbers and Ranch Dressing Fresh Melon</p>
<p>LABOR DAY 5</p>	<p>Beef Tacos 6</p> <p>Whole Grain Tortilla Shredded Cheese Taco Sauce & Sour Cream Shredded Romaine Lettuce Refried Beans Fresh Apple</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Creamy Chicken Alfredo Penne Pasta 7</p> <p>Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Meatballs 8</p> <p>Fresh Broccoli Potato Wedges & Ketchup *NEW! Cornbread Fresh Grapes</p> <p>ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>Teriyaki Chicken Slider 9</p> <p>Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Pineapple Chunks</p>
<p>Chicken Tenders 12</p> <p>BBQ Sauce Green Beans Carrot Sticks & Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>Cheeseburger 13</p> <p>Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Ranch Dressing & Ketchup Fresh Grapes</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>Chicken Drumstick 14</p> <p>Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Fresh Orange Whole Grain Cookie</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Crunchy Orange Chicken 15</p> <p>Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Ranch Dressing Fresh Banana</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>*NEW! Cheese Lasagna Rolls 16</p> <p>Marinara Sauce & Mozzarella Cheese Kale & Romaine Salad Ranch Dressing Garlic Toast Fresh Melon</p>
<p>Crispy Chicken on a Bun 19</p> <p>Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears</p> <p>ALTERNATE: Italian Cold Cut Combo</p>	<p>Mini Corn Dogs 20</p> <p>Vegetarian Baked Beans Romaine Salad French Dressing Ketchup Fresh Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>*NEW! Sweet & Spicy Meatballs 21</p> <p>Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>Roast Turkey & Gravy 22</p> <p>Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Fresh Orange</p> <p>ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>Italian Meatsauce over Penne Pasta 23</p> <p>Romaine Salad Ranch Dressing Fresh Apple</p>
<p>Pancakes & Syrup 26</p> <p>Turkey Sausage</p> <p>Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice</p> <p>ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>Chicken Nachos 27</p> <p>Corn Tortilla Chips Chicken & Cheese Sauce Salsa & Sour Cream Shredded Romaine Fresh Banana</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>*NEW! Mighty Meatball Folds 28</p> <p>Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Fresh Apple Tater Tots & Ketchup Celery Smiles</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Turkey Cheeseburger 29</p> <p>Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup Fresh Strawberries</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>*NEW! Chinese Chicken Stir-fry 30</p> <p>with Broccoli, Carrots & Baby Corn Steamed Rice & Crunchy Noodles Mandarin Oranges</p>

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."