

OCTOBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NO SCHOOL 3</p>	<p>Chicken & Gravy 4 Creamy Mashed Potatoes Zucchini Coins & Ranch Dressing Giant Graham Cracker White/Wheat Bread & Butter Fresh Banana & Fresh Grapes ALTERNATE: Chicken Cheddar Wrap</p>	<p>Cheesy Breadstick Dippers 5 Marinara Dipping Sauce Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Chicken Slider 6 Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Apple ALTERNATE: Turkey Club Sub</p>	<p>Breakfast Bagel Sandwich 7 Turkey Sausage, Egg and Cheese Mixed Green Salad Cucumbers and Ranch Dressing Fresh Melon ALTERNATE: Pizza OR Turkey Ham & Cheese Fold-It</p>
<p>Pizza Burger Flatbread 10 with Shredded Mozzarella Baby Carrots Hummus Fresh Orange Fresh Grapes ALTERNATE: Italian Cold Cut Combo</p>	<p>Beef Tacos 11 Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce & Diced Tomatoes Taco Sauce & Sour Cream Refried Beans Fresh Apple ALTERNATE: Chicken Cheddar Wrap</p>	<p>Creamy Chicken Alfredo 12 Penne Pasta Romaine Salad & Italian Dressing Baby Carrots, String Cheese Dinner Roll Fresh Melon ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Meatballs 13 Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes ALTERNATE: Turkey Club Sub</p>	<p>Teriyaki Chicken Slider 14 Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Pineapple Chunks ALTERNATE: Pizza OR Turkey Ham & Cheese Fold-It</p>
<p>Chicken Tenders 17 BBQ Sauce Green Beans Carrot Sticks & Ranch Dressing Dinner Roll & Butter Fresh Apple ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>Cheeseburger 18 Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Ranch Dressing & Ketchup Fresh Grapes ALTERNATE: Chicken Caesar Wrap</p>	<p>Chicken Drumstick 19 Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Dinner Roll Fresh Orange and Applesauce Whole Grain Cookie ALTERNATE: Turkey Club Sub</p>	<p>NO SCHOOL 20</p>	<p>NO SCHOOL 21</p>
<p>Crispy Chicken on a Bun 24 Mayo Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears ALTERNATE: Italian Cold Cut Combo</p>	<p>Mini Corn Dogs 25 Vegetarian Baked Beans Romaine Salad French Dressing Ketchup Fresh Banana & Pineapple Tidbits ALTERNATE: Chicken Cheddar Wrap</p>	<p>Sweet & Spicy Meatball 26 Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>Roast Turkey & Gravy 27 Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Fresh Orange Dried Cranberries ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>Italian Meatsauce over Penne Pasta 28 Romaine Salad & Ranch Dressing Fresh Zucchini Coins Fresh Apple ALTERNATE: Pizza OR Turkey Ham & Cheese Fold-It</p>
<p>Pancakes & Syrup 31 Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice ALTERNATE: Turkey Ham & Cheese Sub</p>		<p>FRESH FAVORITE </p>	<p>LETTUCES Leafy greens such as romaine lettuce are especially rich in Vitamin K, which helps build strong bones. The darker the color, the more nutrients your crisp and crunchy side may provide. Lettuce is known to have been cultivated in Ancient Egypt—over 6000 years ago!</p>	<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 dining.lancerhospitality.com for more information.</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.