

K-8 NOVEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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>	<p>Chicken Nachos 1 Corn tortilla Chips Chicken & Cheese Sauce Salsa & Sour Cream Shredded Romaine Fresh Banana</p>	<p>Mighty Meatball Foldit 2 Beef Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Tater Tots & Ketchup Celery Smiles Fresh Apple</p>	<p>Turkey Cheeseburger 3 Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup Fresh Strawberries</p>	<p>New! Ranch Chicken 4 Steamed Broccoli Baby Carrots Dinner Roll & Butter Mandarin Oranges</p>
<p>No School 7</p>	<p>Chicken & Gravy Creamy Mashed Potatoes 8 Zucchini Coins Ranch Dressing Fresh Banana Giant Graham Cracker</p>	<p>Cheesy Breadstick Dippers Marinara Dipping Sauce 9 Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit</p>	<p>BBQ Chicken Slider Mac & Cheese 10 Fresh Broccoli & Carrots Ranch Dressing Fresh Apple</p>	<p>Breakfast Bagel Sandwich 11 Turkey Sausage, Egg and Cheese Mixed Green Salad Cucumbers and Ranch Dressing Fresh Melon</p>
<p>Pizza Burger Flatbread 14 with Shredded Mozzarella Baby Carrots Hummus Fresh Orange</p>	<p>Beef Tacos 15 Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream Fresh Apple</p>	<p>Creamy Chicken Alfredo Penne Pasta 16 Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon</p>	<p>BBQ Beef Meatballs 17 Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes</p>	<p>Teriyaki Chicken Slider 18 Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Pineapple Chunks</p>
<p>Chicken Tenders 21 BBQ Sauce Green Beans Carrot Sticks & Ranch Dressing Fresh Apple</p>	<p>Cheeseburger 22 Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Ranch Dressing & Ketchup Fresh Grapes</p>	<p>Chicken Drumstick Loaded Mashed Potatoes 23 Fresh Broccoli & Ranch Dressing Fresh Orange Whole Grain Cookie</p>	<p>No School 24</p>	<p>No School 25</p>
<p>Crispy Chicken on a Bun 28 Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears</p>	<p>Mini Turkey Corn Dogs 29 Vegetarian Baked Beans Romaine Salad French Dressing Ketchup Fresh Banana</p>	<p>Sweet & Sour Chicken Meatballs 30 Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon</p>	<p>CAULIFLOWER Cauliflower is a member of the cabbage family and is actually a flower that has not fully developed. Cauliflower contains impressive amounts of Vitamin C, Vitamin K and Fiber for good health. Look for purple, green and orange varieties along with classic white cauliflower at your local farmer's market!</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.