

DECEMBER 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>FRESH FAVORITE</p>  <p>POTATOES Potatoes are naturally heart healthy as they contain a combination of potassium, Vitamin B6, Vitamin C and fiber. Don't remove the peel or you will miss some of these key nutrients! Enjoy potatoes baked, boiled or mashed instead of fried.</p>		<p>Roast Turkey & Gravy 1 Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Fresh Orange</p>	<p>Italian Meatsauce over Penne Pasta 2 Romaine Salad Ranch Dressing Fresh Apple</p>
<p>New! French Toast & Syrup 5 Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice</p>	<p>Chicken Nachos 6 Corn Tortilla Chips Chicken & Cheese Sauce Salsa & Sour Cream Shredded Romaine Fresh Banana</p>	<p>Mighty Meatball Foldit 7 Beef Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Tater Tots & Ketchup Celery Smiles Fresh Apple</p>	<p>Turkey Cheeseburger 8 Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup Fresh Strawberries</p>	<p>Ranch Chicken 9 Steamed Broccoli Baby Carrots Dinner Roll & Butter Mandarin Oranges</p>
<p>Beef Hot Dog on a Bun 12 Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Fresh Grapes</p>	<p>Chicken & Gravy Creamy Mashed Potatoes 13 Zucchini Coins Ranch Dressing Fresh Banana Giant Graham Cracker</p>	<p>Cheesy Breadstick Dippers Marinara Dipping Sauce 14 Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit</p>	<p>BBQ Chicken Slider Mac & Cheese 15 Fresh Broccoli & Carrots Ranch Dressing Fresh Apple</p>	<p>Breakfast Bagel Sandwich 16 Turkey Sausage, Egg and Cheese Mixed Green Salad Cucumbers and Ranch Dressing Fresh Melon</p>
<p>Pizza Burger Flatbread 19 with Shredded Mozzarella Baby Carrots Hummus Fresh Orange</p>	<p>Beef Tacos 20 Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream</p>	<p>Creamy Chicken Alfredo Penne Pasta 21 Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon</p>	<p>BBQ Beef Meatballs 22 Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes</p>	<p>NO SCHOOL 23</p>
<p>NO SCHOOL 26</p>	<p>NO SCHOOL 27</p>	<p>NO SCHOOL 28</p>	<p>NO SCHOOL 29</p>	<p>NO SCHOOL 30</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.