

JANUARY LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>No School</p>	<p>3</p> <p>Mini Turkey Corn Dogs Vegetarian Baked Beans Romaine Salad French Dressing Fresh Banana Ketchup</p>	<p>4</p> <p>Sweet & Sour Chicken Meatballs Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon</p>	<p>5</p> <p>Roast Turkey & Gravy Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Fresh Orange</p>	<p>6</p> <p>Italian Meatsauce over Penne Pasta Romaine Salad Ranch Dressing Fresh Apple</p>
<p>9</p> <p>French Toast & Syrup Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice</p>	<p>10</p> <p>Chicken Nachos Corn Tortilla Chips Chicken & Cheese Sauce Salsa & Sour Cream Shredded Romaine Fresh Banana</p>	<p>11</p> <p>Mighty Meatball Foldit Beef Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Tater Tots & Ketchup Celery Smiles Fresh Apple</p>	<p>12</p> <p>Turkey Cheeseburger Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup Fresh Strawberries</p>	<p>13</p> <p>Ranch Chicken Steamed Broccoli Baby Carrots Dinner Roll & Butter Mandarin Oranges</p>
<p>16</p> <p>No School</p>	<p>17</p> <p>Chicken & Gravy Creamy Mashed Potatoes Zucchini Coins Ranch Dressing Fresh Banana Giant Graham Cracker</p>	<p>18</p> <p>Cheesy Breadstick Dippers Marinara Dipping Sauce Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit</p>	<p>19</p> <p>BBQ Chicken Slider Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Apple</p>	<p>20</p> <p>Breakfast Bagel Sandwich Turkey Sausage, Egg and Cheese Mixed Green Salad Cucumbers and Ranch Dressing Fresh Melon</p>
<p>23</p> <p>No School</p>	<p>24</p> <p>Beef Tacos Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream Fresh Apple</p>	<p>25</p> <p>Creamy Chicken Alfredo Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon</p>	<p>26</p> <p>BBQ Beef Meatballs Fresh Broccoli Potato Wedges & Ketchup Cornbread Dinner Roll Fresh Grapes</p>	<p>27</p> <p>Teriyaki Chicken Slider Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Pineapple Chunks</p>
<p>30</p> <p>Chicken Tenders BBQ Sauce Green Beans Carrot Sticks & Ranch Fresh Apple</p>	<p>31</p> <p>Cheeseburger Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Ranch & Ketchup Fresh Grapes</p>	<p>FRESH FAVORITE</p> <p>MELONS</p> <p>One cup of cantaloupe provides a significant dose of Vitamins A and C, yet only contains 54 calories. Cantaloupe provides more beta-carotene than any other melon— a compound which acts to preserve eyesight, support immunity and reduce the risk of several different types of cancer.</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.