


FEBRUARY LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken Drumstick 1 Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Fresh Orange Whole Grain Cookie	Crunchy Orange Chicken 2 Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Ranch Dressing Fresh Banana	Cheese Lasagna Rolls 3 Marinara Sauce & Mozzarella Cheese Kale & Romaine Salad & Italian Dressing Garlic Toast Fresh Melon
Crispy Chicken on a Bun 6 Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears	Mini Turkey Corn Dogs 7 Vegetarian Baked Beans Romaine Salad French Dressing Ketchup Fresh Banana	Sweet & Sour Chicken Meatballs 8 Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon	Roast Turkey & Gravy 9 Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Applesauce Cup	Italian Meatsauce over Penne Pasta 10 Romaine Salad Ranch Dressing Fresh Apple
French Toast & Syrup 13 Turkey Sausage Fresh Cucumbers Chilled Peaches Mango Mango Veggie Juice	Chicken Nachos 14 Corn Tortilla Chips Chicken & Cheese Sauce Salsa & Sour Cream Shredded Romaine Fresh Banana	Mighty Meatball Foldit 15 Beef Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Tater Tots & Ketchup Celery Smiles Fresh Apple	Turkey Cheeseburger 16 Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup Fresh Strawberries	No School 17
No School 20	Chicken & Gravy 21 Creamy Mashed Potatoes Zucchini Coins Ranch Dressing Fresh Banana Giant Graham Cracker	Cheesy Breadstick Dippers 22 Marinara Dipping Sauce Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit	BBQ Chicken Slider 23 Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Apple	Breakfast Bagel Sandwich 24 Turkey Sausage, Egg and Cheese Mixed Green Salad Cucumbers and Ranch Dressing Fresh Melon
Pizza Burger Flatbread 27 with Shredded Mozzarella Baby Carrots Hummus Fresh Orange	Beef Tacos 28 Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream Fresh Apple	 <p>JICAMA</p> <p>Jicama is a member of the potato family that has been growing in Mexico and Central America for decades. A crisp edible root with a unique sweet flavor and great crunch very similar to an apple. Jicama is high in antioxidants and contains good amounts of fiber, calcium, phosphorus, and vitamins C, A, and B.</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.