


APRIL LUNCH MENU

LANCER
DINING SERVICES
menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <i>No School</i></p>	<p>4</p>	<p>5 Creamy Chicken Alfredo Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon</p>	<p>6 BBQ Beef Meatballs Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes</p>	<p>7 Teriyaki Chicken Slider Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Pineapple Chunks</p>
<p>10 Chicken Tenders BBQ Sauce Green Beans Carrot Sticks & Ranch Dressing Fresh Apple</p>	<p>11 Cheeseburger Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Ranch Dressing & Ketchup Fresh Grapes</p>	<p>12 Chicken Drumstick Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Fresh Orange Whole Grain Cookie</p>	<p>13 Crunchy Orange Chicken Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Ranch Dressing Fresh Banana</p>	<p>14 <i>No School</i></p>
<p>17 Crispy Chicken on a Bun Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears</p>	<p>18 Mini Turkey Corn Dogs Vegetarian Baked Beans Romaine Salad French Dressing Ketchup Fresh Banana</p>	<p>19 Sweet & Sour Chicken Meatballs Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon</p>	<p>20 Roast Turkey & Gravy Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Applesauce Cup</p>	<p>21 Italian Meatsauce over Penne Pasta Mixed Green Salad Ranch Dressing Fresh Apple</p>
<p>24 French Toast & Syrup Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice</p>	<p>25 Chicken Taco Whole Grain Tortilla Shredded Cheddar Cheese Diced Tomatoes, Shredded Romaine Taco Sauce Fresh Banana</p>	<p>26 Mighty Meatball Foldit Beef Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Tater Tots & Ketchup Celery Smiles Fresh Apple</p>	<p>27 Turkey Cheeseburger Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup Fresh Strawberries</p>	<p>28 BBQ Beef Riblet Hoagie Bun Fresh Broccoli Steamed Carrots Mandarin Oranges</p>
		<p>29 FRESH BROCCOLI</p> 		<p>30 KOHLRABI Kohlrabi is part of the cabbage family. It has a mildly sweet and crispy texture and is a great source of Vitamin C, which acts as an antioxidant to help fight illness!</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.

MILK VARIETY SERVED AT EVERY MEAL. FAT FREE SKIM, 1% OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.