

MAY LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Beef Hot Dog on a Bun 1 Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Fresh Grapes</p>	<p>Chicken & Gravy 2 Loaded Mashed Potatoes Zucchini Coins Ranch Dressing Fresh Banana Giant Graham Cracker</p>	<p>NEW! French Bread Dipper 3 Marinara Dipping Sauce Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit</p>	<p>BBQ Chicken Slider 4 Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Melon</p>	<p>Beef Nachos 5 Corn Tortilla Chips Shredded Romaine, Salsa Cucumbers and Ranch Dressing Fresh Apple</p>
<p>Pizza Burger Flatbread 8 with Shredded Mozzarella Baby Carrots Hummus Fresh Orange</p>	<p>Beef Tacos 9 Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream Fresh Apple</p>	<p>Creamy Chicken Alfredo 10 Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon</p>	<p>BBQ Beef Meatballs 11 Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes</p>	<p>Teriyaki Chicken Slider 12 Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Pineapple Chunks</p>
<p>Chicken Tenders 15 BBQ Sauce Green Beans Carrot Sticks & Ranch Dressing Fresh Apple</p>	<p>Cheeseburger 16 Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Ranch Dressing & Ketchup Fresh Grapes</p>	<p>Chicken Drumstick 17 Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Fresh Orange Whole Grain Cookie</p>	<p>Crunchy Orange Chicken 18 Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Ranch Dressing Fresh Banana</p>	<p>Cheese Lasagna Rolls 19 Marinara Sauce & Mozzarella Cheese Kale & Romaine Salad & Italian Dressing Garlic Toast Chilled Fruit Cup</p>
<p>Crispy Chicken on a Bun 22 Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears</p>	<p>Mini Turkey Corn Dogs 23 Vegetarian Baked Beans Romaine Salad French Dressing Ketchup Fresh Banana</p>	<p>Sweet & Sour 24 Chicken Meatballs Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon</p>	<p>Roast Turkey & Gravy 25 Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Applesauce Cup</p>	<p>Italian Meatsauce 26 over Penne Pasta Mixed Green Salad Ranch Dressing Fresh Apple</p>
<p>French Toast & Syrup 29 Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice</p>	<p>Chicken Taco 30 Whole Grain Tortilla Shredded Cheddar Cheese, Taco Sauce Chipotle Style Black Beans Shredded Romaine Fresh Banana</p>	<p>Mighty Meatball Foldit 31 Beef Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Oven French Fries & Ketchup Celery Smiles Fresh Apple ALTERNATE: Turkey Club Sub</p>	<p>22 FRESH FAVORITE</p> <p>BANANAS</p> <p>Bananas are the most widely consumed fruit on the planet. They have a healthy dose of potassium which not only keeps your heart healthy, but also helps your muscles work. Bananas also contain "resistant" starch which nourishes the good bacteria in your gut in order to fight the bad bacteria.</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.