

JUNE LUNCH MENU

LANCER

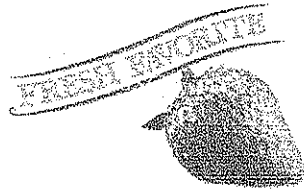
DINING SERVICES

menu subject to change

MONDAY

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.

TUESDAY



WEDNESDAY

STRAWBERRIES

Strawberries are the only fruit with seeds on the outside—on average, each strawberry has 200 seeds! These ruby-red gems are perfectly ripe in Minnesota gardens in June and July and get their red color from anthocyanins, which helps fight infection and disease.

THURSDAY

FRIDAY

Turkey Cheeseburger

Hamburger Bun
Shredded Lettuce
Vegetarian Baked Beans
Ketchup
Fresh Strawberries

1

BBQ Beef Riblet

Hoagie Bun
Fresh Broccoli
Steamed Carrots
Apple Juice

2

Beef Hot Dog on a Bun

Ketchup
Wango Mango Juice
Vegetarian Baked Beans
Fresh Orange

5

Chicken & Gravy

Loaded Mashed Potatoes
Zucchini Coins
Ranch Dressing
Fresh Banana
Giant Graham Cracker

6

French Bread Dipper Marinara Dipping Sauce

Spinach Green Salad
Baby Carrots
Italian Dressing
Craisins

7

BBQ Chicken Slider Mac & Cheese

Fresh Broccoli & Carrots
Ranch Dressing
Fresh Melon

8

9