

Menu Subject to Change

K - 8 FEBRUARY LUNCH MENU

2017-2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1st	2nd
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.			Sweet & Sour Chicken Meatballs Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Grape Tomatoes & Ranch Dressing Fresh Melon ALTERNATE: Turkey Club Sub	Italian Meatsauce over Penne Pasta Mixed Green Salad Fresh Apple Ranch Dressing ALTERNATE: Spiced Turkey & Cheese Ciabatta
5th	6th	7th	8th	9th
French Toast & Syrup Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice ALTERNATE: Spiced Turkey & Cheese Sub	Chicken Tacos Whole Grain Tortilla Shredded Cheddar Cheese Taco Sauce Chipotle Style Beans Shredded Romaine Fresh Banana ALTERNATE: Chicken Caesar Wrap	Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Fresh Apple Tater Tots & Ketchup Celery Smiles ALTERNATE: Turkey Club Sub	No School	No School
12th	13th	14th	15th	16th
Beef Hot Dog on a Bun Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Chilled Mixed Fruit ALTERNATE: Italian Cold Cut Combo	Chicken & Gravy Creamy Mashed Potato Bread & Butter Zucchini Coins Fresh Banana Giant Graham Cracker Ranch Dressing ALTERNATE: Chicken Cheddar Wrap	BBQ Chicken Slider Hamburger Bun Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Apple ALTERNATE: Roast Turkey And Cheese Sandwich	Cheese Stuffed Breadsticks Marinara Dipping Sauce Spinach Salad Italian Dressing Celery Smiles Fresh Grapes ALTERNATE: Turkey Club Sub	Cheeseburger Meatloaf Ciabatta WG Ciabatta roll Fresh Broccoli w ranch Steamed Carrots Fresh Melon ALTERNATE: Turkey Ham & Cheese Ciabatta
19th	20th	21st	22nd	23rd
No School	BBQ Beef Meatballs Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes ALTERNATE: Chicken Cheddar Wrap	Creamy Chicken Alfredo Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Fresh Melon WG French Bread ALTERNATE: Roast Turkey And Cheese Sandwich	Beef Tacos Whole Grain Tortilla Cheddar Cheese Shredded Romaine Lettuce Refried Beans Fresh Apple Taco Sauce ALTERNATE: Turkey Club Sub	Teriyaki Chicken Slider Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Chilled Pineapple ALTERNATE: Spiced Turkey & Cheese Ciabatta
26th	27th	28th	03/01/18	03/02/18
Chicken Strips BBQ Dipping Sauce Green Beans Carrot Sticks Fresh Apple Ranch Dressing ALTERNATE: Spiced Turkey & Cheese Sub	Cheeseburger Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Fresh Banana Ranch & Ketchup ALTERNATE: Chicken Caesar Wrap	Chicken Drumstick Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Mandarin Oranges Whole Grain Cookie ALTERNATE: Turkey Club Sub	Popcorn Orange Chicken Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Fresh Grapes Ranch Dressing ALTERNATE: Southwest Chicken Wrap	Walking Tacos Seasoned Beef, Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine Baby Carrots, Fresh Melon ALTERNATE: Spiced Turkey & Cheese Ciabatta

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.