



Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Dec	2-Dec	3-Dec
<p>Lancer Dining Services does not use peanuts, pork, 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.</p>		<p>Turkey w/ Gravy</p> <p>WG Teabiscuit Mashed Potato Celery Peach Cup</p> <p>ALTERNATE: Chicken Buffalo Wrap</p>	<p>Softshell Beef Taco</p> <p>Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Apple</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>NO SCHOOL</p>
	6-Dec	7-Dec	8-Dec	9-Dec
<p>Beef Hot Dog on WG Bun</p> <p>Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC</p> <p>ALTERNATE: Roast Turkey & Cheese sandwich</p>	<p>Chicken Parmesan Sandwich</p> <p>WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Sweet & Sour Chicken</p> <p>Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet & Sour</p> <p>ALTERNATE: Chicken Buffalo Wrap</p>	<p>BBQ Chicken Sandwich</p> <p>Corn Fresh Orange</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Bosco Sticks 6" w/ Marinara</p> <p>Fresh Carrots Fresh Apple</p> <p>ALTERNATE: Turkey Club Sub</p>
13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
<p>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese</p> <p>Fresh Carrots Applesauce Cup</p> <p>ALTERNATE: Roast Turkey & Cheese Sandwich</p>	<p>Breaded Chicken Patty Sandwich on WG Bun</p> <p>American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Sloppy Joe on WG Bun</p> <p>Corn Peach Cup</p> <p>ALTERNATE: Chicken Buffalo Wrap</p>	<p>Chicken Tenders</p> <p>WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Chicken Nachos</p> <p>WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Broccoli Mixed fruit Cup</p> <p>ALTERNATE: Turkey Club Sub</p>
20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
<p>Pizza Chicken Burger on WG Bun</p> <p>Corn Niblets Fresh Apple</p> <p>ALTERNATE: Roast Turkey & Cheese Sandwich</p>	<p>French Toast & Turkey Sausage</p> <p>Fresh Carrots Fresh Cuke Coins Strawberry Cup Syrup PC</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Beef Cheeseburger on WG Bun</p> <p>Veg Baked Beans Applesauce Cup Ketchup PC</p> <p>ALTERNATE: Chicken Buffalo Wrap</p>	<p>NO SCHOOL</p>	<p>CLOSED</p>
27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p><i>Happy New Year</i></p> <p>CLOSED</p>

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