



Menu Subject to Change		FEBRUARY LUNCH MENU 2019	
Monday	Tuesday	Wednesday	Thursday
<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.</p> <p>Turkey Mini Corn Dogs Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Ranch Dressing ALTERNATE: Southwest Chicken Wrap</p>	<p>BBQ Chicken Slider Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana Ranch Dressing ALTERNATE: Turkey Club Sub</p>	<p>Beef Nachos Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa ALTERNATE: Chicken Cheddar Wrap</p>	<p>Cheese Stuffed Breadsticks Marinara Dipping Sauce Vegetable Blend Fresh Melon ALTERNATE: Turkey & Spinach Sandwich</p>
<p>Chicken Flatbread Gyro WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC ALTERNATE: Turkey Club Sub</p>	<p>Beef Tacos Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce ALTERNATE: Chicken Cheddar Wrap</p>	<p>Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Chicken Meatballs Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup ALTERNATE: Chicken Caesar Wrap</p>
<p>NO SCHOOL</p>	<p>Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing ALTERNATE: Turkey Club Sub</p>	<p>Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing ALTERNATE: Chicken Cheddar Wrap</p>	<p>Turkey Cheeseburger Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup ALTERNATE: Turkey & Spinach Sandwich</p>
<p>Meatball Hoagie Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Tater Tots & Ketchup Fresh Zucchini & Ranch Chilled Pears ALTERNATE: Turkey Club Sub</p>	<p>Chicken Tacos WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce ALTERNATE: Chicken Cheddar Wrap</p>	<p>Chicken Ala King Creamy Mashed Potato WG French Bread Fresh Broccoli Fresh Melon Butter PC Ranch Dressing ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>Chicken Patty Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Ranch Dressing Mayo Packet ALTERNATE: Chicken Caesar Wrap</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.

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