



Menu Subject to Change					MARCH LUNCH MENU 2019				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
<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>					1-Mar	<p>Italian Seasoned Beef WG Garlic Toast Grape Tomatoes Romaine & Iceberg Blend Fresh Orange Mozzarella Cheese Ranch Dressing ALTERNATE: Turkey & Swiss Ciabatta</p>			
					4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
<p>Cheeseburger Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing ALTERNATE: Turkey Club Sub</p>	<p>BBQ Beef Riblet Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing ALTERNATE: Chicken Cheddar Wrap</p>	<p>Fish Patty on a Bun Romaine Salad Celery Sticks Fresh Orange Italian Dressing ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>NO SCHOOL</p>						
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar					
<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>Cheese Lasagna Roll Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing ALTERNATE: Turkey & Swiss Ciabatta</p>					
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar					
<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>Garlic Cheese Pizza Bread Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange French Dressing ALTERNATE: Turkey & Swiss Ciabatta</p>					
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar					
<p>NO SCHOOL</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.