



Menu Subject to Change				
FEBRUARY LUNCH MENU 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
				1-Feb
				NO SCHOOL
<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>				
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
<p>Turkey Mini Corn Dogs</p> <p>Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Ranch Dressing</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>BBQ Chicken Slider</p> <p>Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana Ranch Dressing</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Beef Nachos</p> <p>Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Cheese Stuffed Breadsticks</p> <p>Marinara Dipping Sauce Vegetable Blend Fresh Melon</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>Pizza</p> <p>Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing</p>
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
<p>Chicken Flatbread Gyro</p> <p>WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Beef Tacos</p> <p>Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Popcorn Orange Chicken</p> <p>Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Chicken Meatballs</p> <p>Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>Garlic Cheese Pizza Bread</p> <p>Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange French Dressing</p> <p>ALTERNATE: Turkey & Swiss Ciabatta</p>
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
NO SCHOOL	<p>Beef Hot Dog</p> <p>Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Chicken Drumstick</p> <p>Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Turkey Cheeseburger</p> <p>Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>Pizza</p> <p>Fresh Broccoli Fresh Apple Ranch Dressing</p>
25-Feb	26-Feb	27-Feb	28-Feb	
<p>Meatball Hoagie</p> <p>Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Tater Tots & Ketchup Fresh Zucchini & Ranch Chilled Pears</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Chicken Tacos</p> <p>WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Chicken Ala King</p> <p>Creamy Mashed Potato WG French Bread Fresh Broccoli Fresh Melon Butter PC Ranch Dressing</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>Chicken Patty</p> <p>Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Ranch Dressing Mayo Packet</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<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>

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