

**Menu Subject to Change**

**NOVEMBER LUNCH MENU 2018-2019**

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 <a href="http://dining.lancerhospitality.com">dining.lancerhospitality.com</a> for more information.			<b>BBQ Chicken Meatballs</b> Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup  <b>ALTERNATE:</b> <b>Chicken Caesar Wrap</b>	<b>Garlic Cheese Pizza Bread</b> Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange French Dressing  <b>ALTERNATE:</b> <b>Turkey &amp; Swiss Ciabatta</b>
5th	6th	7th	8th	9th
<b>French Toast</b> Turkey Sausage Celery Sticks Chilled Tropical Fruit Calypso Crush Veggie Juice Syrup  <b>ALTERNATE:</b> <b>Southwest Chicken Wrap</b>	<b>Beef Hot Dog</b> Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing <b>ALTERNATE:</b> <b>Turkey Club Sub</b>	<b>Chicken Drumstick</b> Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing  <b>ALTERNATE:</b> <b>Chicken Cheddar Wrap</b>	<b>Turkey Cheeseburger</b> Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup <b>ALTERNATE:</b> <b>Turkey &amp; Spinach Sandwich</b>	<b>Pizza</b> Fresh Broccoli Fresh Apple Ranch Dressing  <b>ALTERNATE:</b> <b>PB&amp;J</b>
12th	13th	14th	15th	16th
<b>Meatball Hoagie</b> Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Tri Taters & Ketchup Fresh Zucchini & Ranch Chilled Pears <b>ALTERNATE:</b> <b>Turkey Club Sub</b>	<b>Chicken Tacos</b> WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce <b>ALTERNATE:</b> <b>Chicken Cheddar Wrap</b>	<b>Chicken Ala King</b> Creamy Mashed Potato WG Tea Biscuit Fresh Broccoli Fresh Melon Ranch Dressing  <b>ALTERNATE:</b> <b>Roast Turkey And Cheese Sandwich</b>	<b>Chicken Patty</b> Green Beans WG Hamburger Bun Fresh Carrots Fresh Melon Ranch Dressing Mayo Packet <b>ALTERNATE:</b> <b>PB&amp;J</b>	<b>Italian Seasoned Beef</b> WG Garlic Toast Grape Tomatoes Romaine & Iceberg Blend Fresh Orange Mozzarella Cheese Ranch Dressing <b>ALTERNATE:</b> <b>Turkey &amp; Swiss Ciabatta</b>
19th	20th	21st	22nd	23rd
<b>Cheeseburger</b> Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing <b>ALTERNATE:</b> <b>PB&amp;J</b>	<b>BBQ Beef Riblet</b> Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing  <b>ALTERNATE:</b> <b>Chicken Cheddar Wrap</b>	NO SCHOOL	NO SCHOOL HAPPY THANKSGIVING	NO SCHOOL
26th	27th	28th	29th	30th
<b>Turkey Mini Corn Dogs</b> Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Ranch Dressing  <b>ALTERNATE:</b> <b>Southwest Chicken Wrap</b>	<b>BBQ Chicken Slider</b> Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana Ranch Dressing <b>ALTERNATE:</b> <b>Turkey Club Sub</b>	<b>Beef Nachos</b> Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa  <b>ALTERNATE:</b> <b>Chicken Cheddar Wrap</b>	<b>Cheese Stuffed Breadsticks</b> Marinara Dipping Sauce Vegetable Blend Fresh Melon  <b>ALTERNATE:</b> <b>Turkey &amp; Spinach Sandwich</b>	<b>Pizza</b> Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing  <b>ALTERNATE:</b> <b>PB&amp;J</b>

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.