

Menu Subject to Change

K - 8 OCTOBER LUNCH MENU 2018-2019

Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
French Toast Turkey Sausage Celery Sticks Chilled Tropical Fruit Wango Mango Juice Syrup ALTERNATE: Southwest Chicken Wrap	Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing ALTERNATE: Turkey Club Sub	Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing ALTERNATE: Chicken Cheddar Wrap	Turkey Cheeseburger Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup ALTERNATE: Turkey & Spinach Sandwich	Pepperoni/Cheese Pizza Fresh Broccoli Fresh Apple Ranch Dressing ALTERNATE: PB&J
8th	9th	10th	11th	12th
Meatball Hoagie Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Tater Tots & Ketchup Fresh Zucchini & Ranch Chilled Pears ALTERNATE: Turkey Club Sub	Chicken Tacos WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce ALTERNATE: Chicken Cheddar Wrap	Chicken Ala King Creamy Mashed Potato WG French Bread Fresh Broccoli Fresh Melon Butter PC Ranch Dressing ALTERNATE: Roast Turkey And Cheese Sandwich	Chicken Patty Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Ranch Dressing Mayo Packet ALTERNATE: Chicken Caesar Wrap	Italian Seasoned Beef WG Garlic Toast Grape Tomatoes Romaine & Iceberg Blend Fresh Apple Mozzarella Cheese Ranch Dressing ALTERNATE: Pizza or Turkey & Swiss Ciabatta
15th	16th	17th	18th	19th
Cheeseburger Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing ALTERNATE: PB&J	BBQ Beef Riblet Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing ALTERNATE: Chicken Cheddar Wrap	<p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">NO SCHOOL</p>
22nd	23rd	24th	25th	26th
<p style="text-align: center;">NO SCHOOL</p>	BBQ Chicken Slider Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana Ranch Dressing ALTERNATE: Turkey Club Sub	Beef Nachos Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa ALTERNATE: Chicken Cheddar Wrap	Cheese Stuffed Breadsticks Marinara Dipping Sauce Vegetable Blend Fresh Melon ALTERNATE: Turkey & Spinach Sandwich	Pepperoni/Cheese Pizza Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing ALTERNATE: PB&J
29th	30th	31st	Nov 1st	
Chicken Flatbread Gyro WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC ALTERNATE: Turkey Club Sub	Beef Tacos Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce ALTERNATE: Chicken Cheddar Wrap	Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce ALTERNATE: Roast Turkey And Cheese Sandwich	BBQ Chicken Meatballs Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup ALTERNATE: Chicken Caesar Wrap	<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.