

Menu Subject to Change				
FEBRUARY LUNCH MENU 2019-2020				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>REVISED MENU MEATLESS OPTION ADDED FOR Ash Wednesday 2/26 and Friday 2/28</p>				
<p>Lancer Dining Services does not use peanuts, pork, 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>				
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
<p>Chicken Strips Vegetarian Baked Beans Carrot Sticks Apple BBQ Dipping Sauce Ranch PC</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Beef Hot Dog Corn WG Hot Dog Bun Cucumber Coins Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Chicken Alfredo WG Penne Pasta Chopped Romaine Salad Celery Sticks Applesauce Cup French Dressing</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>Beef Meatballs in Marinara Sauce Glazed Carrots WG Hot Dog Bun Shredded Mozzarella Cheese Zucchini Pineapple (Canned)</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>Teriyaki Chicken Chicken Egg Roll WG Slider Bun Broccoli Florets Diced Pears (Canned) Ranch PC</p> <p>ALTERNATE: Turkey & Swiss Ciabatta</p>
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
<p>Chicken Patty Vegetarian Baked Beans WG Hamburger Bun Baby Carrots Apple Mayo</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Beef Nachos Cheese Sauce WG Corn Chips Shredded Romaine Lettuce Banana Salsa Ranch PC</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Chicken Drumstick Vegetable Brown Rice Zucchini Chopped Romaine Salad Diced Pears (Canned) French Dressing</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Cheeseburger Potato Wedges WG Hamburger Bun American Cheese Slice Broccoli Florets Mandarin Oranges Ketchup PC Ranch PC</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>PIZZA Shredded Romaine Celery Sticks Apple Italian Dressing</p>
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
<p>No School</p>	<p>Chicken Tacos Seasoned Black Beans WW 8" Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Banana Taco Sauce PC</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>BBQ Turkey Burger Loaded Mashed Potatoes WG Hamburger Bun Baby Carrots Fresh Cut Melon Ranch PC</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>Beef Hot Dog Sweet Potato Cubes WG Hot Dog Bun Broccoli Florets Apple</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>PIZZA Shredded Romaine Salad Jicama Sticks Orange Ranch Dressing</p>
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
<p>WG French Toast Turkey Sausage Carrots Celery Stick Diced Pears (Canned) Syrup PC Ranch PC</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Beef Tacos Refried Beans WW 8" Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Fish Patty WG Hamburger Bun American Cheese Slice Zucchini Broccoli Florets Tropical Fruit Tartar Sauce Ranch PC</p> <p>ALTERNATE: NONE</p>	<p>BBQ Chicken Drumstick Potato Cubes WG Teabiscuit Grape Tomatoes Apple Ketchup PC</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>Cheese Lasagna Roll w/ Marinara Sauce Chopped Romaine Salad Applesauce Cup French Dressing Carrots</p> <p>ALTERNATE: NONE</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.