

Menu Subject to Change K - 8 OCTOBER LUNCH MENU 2020-2021				
Monday	Tuesday	Wednesday	Thursday	Friday
			1-Oct	2-Oct
<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>			<p>Roast Turkey w/ Gravy WG Teabiscuit Mashed Potatoes Fresh Zucchini Diced Pears (Canned)</p>	<p>Swiss Patty Burger WG Hamburger Bun Baked Beans Fresh Orange Ketchup PC Ranch PC</p>
	5-Oct	6-Oct	7-Oct	8-Oct
<p>Salsa Turkey Burger WG Hamburger Bun Fresh Carrots Fresh Apple Ranch PC</p>	<p>Chicken Fajita WW Tortilla Corn Fresh Banana</p>	Distance Learning	<p>Walking Beef Taco Refried Beans Doritos Nacho Chip Bag Strawberry Banana Applesauce Cup</p>	<p>BBQ Chicken Hoagie WG 5" Hoagie Bun Fresh Broccoli Cucumber Coins Peach Cup Ranch PC</p>
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
<p>Pizza Turkey Burger WG Hamburger Bun Corn Niblets Strawberry Applesauce Cup</p>	<p>Chicken & Waffle Sandwich Fresh Carrots Cucumber Coins Fresh Banana Ranch PC Syrup PC</p>	Distance Learning	No School	No School
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
<p>Chicken Nachos Black Bean Salsa Tortilla Chips Mandarin Oranges</p>	<p>Mushroom Swiss Burger WG Hamburger Bun Celery Fresh Banana Ranch PC Ketchup PC</p>	Distance Learning	<p>Beef Sloppy Joe WG Hamburger Bun Corn Fresh Apple</p>	No School
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
<p>Macaroni & Cheese Fresh Carrots Fresh Apple Ranch PC</p>	<p>Meatball Hoagie w/ Marinara WG 5" Hoagie Bun Italian Style Vegetables Fresh Banana</p>	Distance Learning	<p>Roast Turkey w/ Gravy WG Teabiscuit Mashed Potatoes Fresh Zucchini Diced Pears (Canned)</p>	<p>Swiss Patty Burger WG Hamburger Bun Baked Beans Fresh Orange Ketchup PC Ranch PC</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.