

Menu Subject to Change K - 8 SEPTEMBER LUNCH MENU 2019-2020

Monday	Tuesday	Wednesday	Thursday	Friday
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
LABOR DAY !! NO SCHOOL	Beef Tacos Refried Beans WW 8" Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Banana	Popcorn Orange Chicken Fried Brown Rice Zucchini Broccoli Florets Orange Orange Sauce	BBQ Chicken Drumstick Potato Cubes WG Teabiscuit Grape Tomatoes Apple Ketchup PC	Italian Seasoned Beef WG Garlic Toast Round Shredded Mozzarella Cheese Tossed Spinach Orange French Dressing
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Turkey Cheeseburger Vegetarian Baked Beans WG Hamburger Bun American Cheese Slice Carrot Sticks Apple	BBQ Chicken Meatballs WG Teabiscuit Broccoli Florets Orange Ranch PC	Beef Chili Cheese Fries Potato Wedges WG Cookie Shredded Cheddar Cheese Pea Pods Apple	Cheese Stuffed Breadstick 6" Green Beans Sliced Iceberg & Romaine Diced Peaches(Canned) Marinara Dipping Sauce Italian Dressing PC	Walking Taco Beef WG Taco in a Bag Chips Shredded Cheddar Cheese Diced Tomatoes Shredded Romaine Applesauce, Cup
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Chicken Strips Vegetarian Baked Beans Carrot Sticks Oranges BBQ Dipping Sauce Ranch PC	Beef Hot Dog Corn WG Hot Dog Bun Cucumber Coins Banana	Chicken Alfredo WG Penne Pasta Chopped Romaine Salad Celery Sticks Apple French Dressing	Beef Meatballs in Marinara Sauce Glazed Carrots WG Hot Dog Bun Shredded Mozzarella Cheese Zucchini Orange	PIZZA Broccoli Florets Diced Pears (Canned) Ranch PC
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Chicken Patty Vegetarian Baked Beans WG Hamburger Bun Baby Carrots Apple	Beef Nachos Cheese Sauce WG Corn Chips Shredded Romaine Lettuce Banana Salsa Ranch PC	Chicken Drumstick Vegetable Brown Rice Zucchini Chopped Romaine Salad Diced Pears (Canned) French Dressing	Cheeseburger Potato Wedges WG Hamburger Bun American Cheese Slice Broccoli Florets Orange Ketchup PC Ranch PC	PIZZA Shredded Romaine Celery Sticks Apple Italian Dressing
30-Sep				
Chicken Flatbread Gyro WG Flatbread Cucumber Diced Tomatoes Diced Pears (Canned) Sour Cream PC			Lancer Dining Services does not use 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.	

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