

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 !!	Beef Tacos Refried Beans WW 8" Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Banana ALTERNATE: Chicken Cheddar Wrap	Popcorn Orange Chicken Fried Brown Rice Zucchini Broccoli Florets Orange Orange Sauce ALTERNATE: Roast Turkey And Cheese Sandwich	BBQ Chicken Drumstick Potato Cubes WG Teabiscuit Grape Tomatoes Apple Ketchup PC ALTERNATE: Chicken Caesar Wrap	Italian Seasoned Beef WG Garlic Toast Round Shredded Mozzarella Cheese Tossed Spinach Orange French Dressing ALTERNATE: Pizza or Turkey & Swiss Ciabatta
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Turkey Cheeseburger Vegetarian Baked Beans WG Hamburger Bun American Cheese Slice Carrot Sticks Apple ALTERNATE: Southwest Chicken Wrap	BBQ Chicken Meatballs WG Teabiscuit Broccoli Florets Orange Ranch PC ALTERNATE: Turkey Club Sub	Beef Chili Cheese Fries Potato Wedges WG Cookie Shredded Cheddar Cheese Pea Pods Apple ALTERNATE: Chicken Cheddar Wrap	Cheese Stuffed Breadstick 6" Green Beans Sliced Iceberg & Romaine Diced Peaches (Canned) Marinara Dipping Sauce Italian Dressing PC ALTERNATE: Turkey & Spinach Sandwich	Walking Taco Beef WG Taco in a Bag Chips Shredded Cheddar Cheese Diced Tomatoes Shredded Romaine Applesauce, Cup ALTERNATE: Pizza or Turkey & Swiss Ciabatta
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Chicken Strips Vegetarian Baked Beans Carrot Sticks Oranges BBQ Dipping Sauce Ranch PC ALTERNATE: Turkey Club Sub	Beef Hot Dog Corn WG Hot Dog Bun Cucumber Coins Banana ALTERNATE: Chicken Cheddar Wrap	Chicken Alfredo WG Penne Pasta Chopped Romaine Salad Celery Sticks Apple French Dressing ALTERNATE: Roast Turkey And Cheese Sandwich	Beef Meatballs in Marinara Sauce Glazed Carrots WG Hot Dog Bun Shredded Mozzarella Cheese Zucchini Orange ALTERNATE: Chicken Caesar Wrap	Teriyaki Chicken Chicken Egg Roll WG Slider Bun Broccoli Florets Diced Pears (Canned) Ranch PC ALTERNATE: Pizza or Turkey & Swiss Ciabatta
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Chicken Patty Vegetarian Baked Beans WG Hamburger Bun Baby Carrots Apple ALTERNATE: Southwest Chicken Wrap	Beef Nachos Cheese Sauce WG Corn Chips Shredded Romaine Lettuce Banana Salsa Ranch PC ALTERNATE: Turkey Club Sub	Chicken Drumstick Vegetable Brown Rice Zucchini Chopped Romaine Salad Diced Pears (Canned) French Dressing ALTERNATE: Chicken Cheddar Wrap	Cheeseburger Potato Wedges WG Hamburger Bun American Cheese Slice Broccoli Florets Orange Ketchup PC Ranch PC ALTERNATE: Turkey & Spinach Sandwich	Garlic Cheese Pizza Bread Shredded Romaine Celery Sticks Apple Marinara Dipping Sauce Italian Dressing ALTERNATE: Pizza or Turkey & Swiss Ciabatta
30-Sep				
Chicken Flatbread Gyro WG Flatbread Cucumber Diced Tomatoes Diced Pears (Canned) Sour Cream PC ALTERNATE: Turkey Club Sub			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. 1%, white milk OR FAT FREE Chocolate FLAVORED. All BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.