

K-8 NOVEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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>	<p>FRESH FAVORITE</p> 	<p>CAULIFLOWER</p> <p>Cauliflower is a member of the cabbage family and is actually a flower that has not fully developed. Cauliflower contains impressive amounts of Vitamin C, Vitamin K and Fiber for good health. Look for purple, green and orange varieties along with classic white cauliflower at your local farmer's market!</p>		<p>Pizza 1</p> <p>Shredded Romaine Italian Dressing Celery Sticks Apple</p>
<p>Chicken Flatbread Gyro 4</p> <p>WG Flatbread Cucumber Diced Tomatoes Sour Cream PC Diced Pears (Canned)</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>No School 5</p>	<p>Hamburger 6</p> <p>WG Hamburger Bun Loaded Mashed Potatoes Baby Carrots Ranch PC Fresh Cut Melon</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>Beef Hot Dog 7</p> <p>WG Hot Dog Bun Sweet Potato Cubes Broccoli Florets Apple</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>PIZZA 8</p> <p>Shredded Romaine Salad Jicama Sticks Ranch Dressing Orange</p>
<p>WG French Toast 11</p> <p>Syrup PC Turkey Sausage Carrots, Celery Stick Ranch PC Diced Pears (Canned)</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Beef Tacos 12</p> <p>WW 8" Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Refried Beans Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Popcorn Orange Chicken 13</p> <p>Orange Sauce Fried Brown Rice Zucchini, Broccoli Florets Ranch PC Tropical Fruit</p> <p>ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Chicken Drumstick 14</p> <p>Potato Cubes Ketchup PC WG Teabiscuit Grape Tomatoes Apple</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>PIZZA 15</p> <p>Chopped Romaine French Dressing Carrots Applesauce, Cup</p>
<p>Turkey Cheeseburger 18</p> <p>WG Hamburger Bun American Cheese Slice Vegetarian Baked Beans Carrot Sticks Apple</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>BBQ Chicken Meatballs 19</p> <p>Loaded Mashed Potatoes WG Teabiscuit Broccoli Florets Ranch PC Banana</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Beef Chili Cheese Fries 20</p> <p>Shredded Cheddar Cheese Potato Wedges Pea Pods WG Cookie Pears (Canned)</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Cheese Stuffed Breadstick 21</p> <p>Marinara Dipping Sauce Green Beans Sliced Iceberg & Romaine Italian Dressing PC Diced Peaches(Canned)</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>Pizza 22</p> <p>Shredded Romaine Ranch Dressing Applesauce, Cup</p>
<p>Chicken Strips 25</p> <p>BBQ Dipping Sauce Vegetarian Baked Beans Carrot Sticks Ranch PC Apple</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Beef Hot Dog 26</p> <p>WG Hot Dog Bun Corn Cucumber Coins Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>No School 27</p>	<p>THANKSGIVING 28</p>	<p>No School 29</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."

Drivers, servers, and foodservice workers wanted for upcoming school year 2019-2020. Call Terry for more information at 651-443-1982 or email: tmellum@lancercatering.com.