

# K-8 DECEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p><b>Chicken Fajita 1</b> WG Tortilla Corn Fresh Banana</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p><b>Sweet &amp; Sour Chicken 2</b> Fried Vegetable Brown Rice Fresh Broccoli Sweet &amp; Sour Sauce Mixed Fruit Cup</p> <p>ALTERNATE: Turkey Club Sub</p>	<p><b>Soft Shell Beef Taco 3</b> Refried Beans, Shredded Lettuce, Cheddar WG Tortillas, Diced Tomato Strawberry Banana Applesauce</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p><b>BBQ Chicken Hoagie 4</b> WG 5" Hoagie Bun Fresh Broccoli, Ranch Cucumber Coins Peach Cup</p> <p>ALTERNATE: Pizza or Turkey &amp; Spinach Sandwich</p>
<p><b>Pizza Turkey Burger 7</b> WG Hamburger Bun Mozzarella Cheese, Corn Strawberry Applesauce</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p><b>Pancakes and Turkey Sausage 8</b> Fresh Carrots, Ranch Dressing Cucumber Coins Fresh Banana, Syrup</p> <p>ALTERNATE: Turkey &amp; Cheese Ciabatta</p>	<p><b>BBQ Chicken Drumsticks 9</b> Vegetable Brown Rice Carrots, Fresh Zucchini Coins Strawberry Cup Ranch</p> <p>ALTERNATE: Turkey &amp; Cheese Sandwich</p>	<p><b>Chicken Gyro 10</b> WG 8" Tortilla Fresh Broccoli Fresh Orange Sour Cream, Ranch</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p><b>Cheeseburger 11</b> WG Hamburger Bun Baked Beans Fresh Apple Ketchup</p> <p>ALTERNATE: Pizza or Turkey Club Sub</p>
<p><b>Chicken Nachos 14</b> Black Bean Salsa Cheese Sauce Shredded Lettuce Tortilla Chips Mixed Fruit Cup</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p><b>Italian Meat Sauce 15</b> WG Penne Pasta Fresh Carrots, Ranch Dressing Fresh Banana</p> <p>ALTERNATE: Turkey &amp; Spinach Sandwich</p>	<p><b>Turkey Bacon Chicken Sandwich 16</b> WG Hamburger Bun Celery, Applesauce Cup, Mayo</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p><b>Beef Sloppy Joe 17</b> WG Hamburger Bun Corn Fresh Apple</p> <p>ALTERNATE: Turkey &amp; Cheese Ciabatta</p>	<p><b>Buffalo Chicken Sandwich 18</b> WG Hamburger Bun Garden Salad, Ranch Dressing Fresh Carrots Strawberry / Banana Applesauce Cup</p> <p>ALTERNATE: Pizza or Turkey &amp; Cheese Sandwich</p>
<p><b>Macaroni &amp; Cheese 21</b> Fresh Carrots Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Turkey Club Sub</p>	<p><b>Meatball Hoagie W/ Marinara 22</b> WG 5" Hoagie Bun Italian Style Vegetables Shredded Mozzarella Fresh Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p><b>Roast Turkey w/ Gravy 23</b> WG Tea Biscuit Mashed Potatoes Zucchini Coins Craisins</p> <p>ALTERNATE: Turkey &amp; Spinach Sandwich</p>	<p><b>24</b> CLOSED</p>	<p><b>25</b> CLOSED</p>
<p><b>Salsa Turkey Burger 28</b> WG Hamburger Bun, Cheddar Fresh Carrots, Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Turkey &amp; Cheese Sandwich</p>	<p><b>Chicken Fajita 29</b> WG Tortilla Corn Fresh Banana</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p><b>Sweet &amp; Sour Chicken 30</b> Fried Vegetable Brown Rice Fresh Broccoli Sweet &amp; Sour Sauce Mixed Fruit Cup</p> <p>ALTERNATE: Turkey Club Sub</p>	<p><b>Soft Shell Taco 31</b> Refried Beans, Shredded Lettuce, Cheddar WG Tortillas, Diced Tomato Strawberry Banana Applesauce</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<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 <a href="http://dining.lancerhospitality.com">dining.lancerhospitality.com</a> for more information</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."