



Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Oct
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.				Cheese Pizza Sausage Pizza
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup	BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana	Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup	Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple	Cheese Pizza Sausage Pizza
ALTERNATE: Roast Turkey & Cheese Sandwich	ALTERNATE: Chicken Cheddar Wrap	ALTERNATE: Chicken Buffalo Wrap	ALTERNATE: SW Chicken Wrap	
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC	Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana	Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Strawberry Cup Sweet & Sour PC	BBQ Chicken Sandwich Corn Fresh Orange	No School
ALTERNATE: Roast Turkey & Cheese Sandwich	ALTERNATE: Chicken Cheddar Wrap	ALTERNATE: Chicken Buffalo Wrap	ALTERNATE: SW Chicken Wrap	
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Applesauce Cup	Breaded Chicken Patty Sandwich on WG Bun American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC	Sloppy Joe on WG Bun Corn Peach Cup	No School	No School
ALTERNATE: Roast Turkey & Cheese Sandwich	ALTERNATE: Chicken Cheddar Wrap	ALTERNATE: Chicken Buffalo Wrap		
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple	French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Syrup PC	Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC	Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange	Cheese Pizza Sausage Pizza
ALTERNATE: Roast Turkey & Cheese Sandwich	ALTERNATE: Chicken Cheddar Wrap	ALTERNATE: Chicken Buffalo Wrap	ALTERNATE: SW Chicken Wrap	

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.