



K-8 March Lunch Lent Menu



Monday 02/20/23		Tuesday 02/21/23		Wednesday 02/22/23		Thursday 02/23/23		Friday 02/24/23
Swiss Burger Baked Beans Orange Juice WG Hamburger Bun Milk Alt: Turkey & Cheese	1 each 3/4 cup 1 each 1 each 1 each 1 each	Chicken Tenders Fresh Baby Carrots WG Tea Biscuit Fresh Apple Ranch Dressing Milk Alt Chicken Cheese Wrap	2 each 3/4 cup 1 each 1 each 1 each 1 each 1 each	Veg WG Cheese Bread Brown Rice Broccoli Fresh Fruit in Season Milk Alt Buffalo Chicken Wrap	1 each 1/2 cup 3/4 cup 1 each 1 each 1 each	Corn Dog Whole Kernel Corn Fresh Apple Milk Alt Southwest Chicken Ketchup PC	1 each 3/4 cup 1 each 1 each 1 each 1 each	Cheese Pizza Extra Slice Cheese Pizza Milk
Monday 02/27/23		Tuesday 02/28/23		Wednesday 03/01/23		Thursday 03/02/23		Friday 03/03/23
Chicken Patty Sliced Cheese WG Hamburger Bun Broccoli Fresh Baby Carrots Applesauce Milk Alt: Turkey & Cheese	1 each 1 ounce 1 each 1/2 cup 1/4 cup 1/2 cup 1 each 1 each	Meatballs w/Marinara Shredded Mozzarella WG Hot Dog Bun Whole Kernel Corn Applesauce Milk Alt Chicken Cheese Wrap	5 each 1/2 ounce 1 each 1/2 cup 1/2 cup 1 each 1 each	WG Waffles Chicken Patty Fresh Baby Carrots Orange Juice Milk Pancake Syrup PC Alt Buffalo Chicken Wrap	1 each 1 each 3/4 cup 1 each 1 each 1 each 1 each	Beef Hot Dog Baked Beans WG Hot Dog Bun Grape Juice Milk Ketchup PC Alt Southwest Chicken	1 each 3/4 cup 1 each 1 each 1 each 1 each 1 each	Cheese Pizza Extra Slice Cheese Pizza Milk
Monday 03/06/23		Tuesday 03/07/23		Wednesday 03/08/23		Thursday 03/09/23		Friday 03/10/23
Macaroni & Cheese Sliced Cucumbers Broccoli Apple Juice Milk Alt: Turkey & Cheese	2/3 cup 1/2 cup 1/4 cup 1 each 1 each 1 each	WG Chicken Nuggets WG Tea Biscuit Whole Kernel Corn Orange Juice BBQ Sauce PC Milk Alt Chicken Cheese Wrap	5 each 1 each 3/4 cup 1 each 1 each 1 each 1 each	Beef Patty Sliced Cheese Baked Beans WG Hamburger Bun Fresh Apple Milk Ketchup PC Alt Buffalo Chicken Wrap	1 each 1/2 ounce 3/4 cup 1 each 1 each 1 each 1 each 1 each	Chicken Tenders Blanched Broccoli WG Tea Biscuit Ranch Dressing Fresh Apple Milk Alt Southwest Chicken	2 each 3/4 cup 1 each 1 each 1 each 1 each 1 each	Cheese Pizza Extra Slice Cheese Pizza Milk
Monday 03/13/23		Tuesday 03/14/23		Wednesday 03/15/23		Thursday 03/16/23		Friday 03/17/23
Beef Hot Dog WG Hot Dog Bun Green Beans Apple Juice Ketchup PC Milk Alt: Turkey & Cheese	1 each 1 each 3/4 cup 1 each 1 each 1 each 1 each	Baked Chicken Breast in Gravy Mashed Potatoes WG Tea Biscuit Applesauce Milk Alt Chicken Cheese Wrap	1 each 3/4 cup 1 each 1/2 cup 1 each 1 each 1 each	Turkey Sausage WG Waffles Fresh Baby Carrots Sliced Cucumbers Apple Juice Milk Pancake Syrup Alt Southwest Chicken	2 each 2 each 1/2 cup 1/4 cup 1 each 1 each 1 each 1 each	Taco Meat Shredded Cheese Whole Wheat Tortilla Black Beans Lettuce Taco Sauce PC Fresh Apple Milk Alt Southwest Chicken	3 oz 1 ounce 1 each 1/2 cup 1/2 cup 1 each 1 each 1 each 1 each	Cheese Pizza Extra Slice Cheese Pizza Milk
Monday 03/20/23		Tuesday 03/21/23		Wednesday 03/22/23		Thursday 03/23/23		Friday 03/24/23
Chicken Tenders Fresh Baby Carrots WG Tea Biscuit Fresh Apple Ranch Dressing PC Milk Alt Chicken Cheese Wrap	2 each 3/4 cup 1 each 1 each 1 each 1 each 1 each	Swiss Burger Baked Beans Orange Juice WG Hamburger Bun Milk Alt: Turkey & Cheese	1 each 3/4 cup 1 each 1 each 1 each 1 each 1 each	Baked Chicken Breast Sweet & Sour Sauce WG Brown Rice Broccoli Fresh Fruit in Season Milk Alt Buffalo Chicken Wrap	1 each 1 each 1/2 cup 3/4 cup 1 each 1 each 1 each	Corn Dog Whole Kernel Corn Fresh Apple Milk Alt Southwest Chicken Ketchup PC	1 each 3/4 cup 1 each 1 each 1 each 1 each	Cheese Pizza Extra Slice Cheese Pizza Milk
Monday 03/27/23		Tuesday 03/28/23		Wednesday 03/29/23		Thursday 03/30/23		Friday 03/31/23
No School		No School		No School		No School		No School
Monday 04/03/23		Tuesday 04/04/23		Wednesday 04/05/23		Thursday 04/06/23		Friday 04/07/23
Macaroni & Cheese Sliced Cucumbers Broccoli Apple Juice Milk Alt: Turkey & Cheese	2/3 cup 1/2 cup 1/4 cup 1 each 1 each 1 each	WG Chicken Nuggets WG Tea Biscuit Whole Kernel Corn Orange Juice BBQ Sauce PC Milk Alt Chicken Cheese Wrap	5 each 1 each 3/4 cup 1 each 1 each 1 each 1 each	Beef Patty Sliced Cheese Baked Beans WG Hamburger Bun Fresh Apple Milk Alt Buffalo Chicken Wrap	1 each 1/2 ounce 3/4 cup 1 each 1 each 1 each 1 each	Chicken Tenders Blanched Broccoli WG Tea Biscuit Ranch Dressing Fresh Apple Milk Alt Southwest Chicken	2 each 3/4 cup 1 each 1 each 1 each 1 each 1 each	No School

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.
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.