

9-12 MAY LUNCH MENU

LANCER
DINING SERVICES
menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Hot Dog on a Bun 1 Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Harvest Cheddar Sun Chips Fresh Grapes ALTERNATE: Italian Cold Cut Combo	Chicken & Gravy Loaded Mashed Potatoes 2 Zucchini Coins, Ranch Dressing Wheat Bread & Butter Giant Graham Cracker Fresh Banana, Fresh Grapes ALTERNATE: Chicken Cheddar Wrap	NEW! French Bread Dipper 3 Marinara Dipping Sauce Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit ALTERNATE: Roast Turkey And Cheese Sandwich	BBQ Chicken Slider 4 Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Melon ALTERNATE: Turkey Club Sub	Pizza 5 Romaine Salad Cucumbers Ranch Dressing Fresh Apple
Pizza Burger Flatbread 8 with Shredded Mozzarella Baby Carrots Hummus Fresh Orange, Fresh Grapes ALTERNATE: Italian Cold Cut Combo	Beef Tacos 9 Whole Grain Tortilla Shredded Cheese, Diced Tomatoes Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream Fresh Apple ALTERNATE: Chicken Cheddar Wrap	Creamy Chicken Alfredo Penne Pasta 10 Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon ALTERNATE: Roast Turkey And Cheese Sandwich	BBQ Beef Meatballs 11 Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes ALTERNATE: Turkey Club Sub	Pizza 12 Baby Carrots & Cauliflower Florets Ranch Dressing Pineapple Chunks
Chicken Tenders 15 BBQ Sauce Green Beans Carrot Sticks & Ranch Dressing Dinner Roll, Butter Fresh Apple ALTERNATE: Turkey Ham & Cheese Sub	Cheeseburger 16 Hamburger Bun Fresh Zucchini Ranch Dressing & Ketchup Vegetarian Baked Beans Fresh Grapes ALTERNATE: Chicken Caesar Wrap	Chicken Drumstick 17 Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Dinner Roll Whole Grain Cookie Fresh Orange, Applesauce ALTERNATE: Turkey Club Sub	Crunchy Orange Chicken 18 Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Ranch Dressing Fresh Banana & Grapes ALTERNATE: Southwest Chicken Wrap	Pizza 19 Baby Carrots Kale & Romaine Salad Italian Dressing Chilled Fruit Cup Craisins
Crispy Chicken on a Bun 22 Grape Tomatoes & Ranch Dressing Mayo Steamed Corn Chilled Pears ALTERNATE: Italian Cold Cut Combo	Mini Turkey Corn Dogs 23 Vegetarian Baked Beans Romaine Salad, French Dressing Ketchup Fresh Banana Pineapple Tidbits ALTERNATE: Chicken Cheddar Wrap	Sweet & Sour Chicken Meatballs 24 Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon ALTERNATE: Roast Turkey And Cheese Sandwich	Roast Turkey & Gravy 25 Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Applesauce Cup Dried Cranberries ALTERNATE: Turkey Club Sub	Pizza 26 Mixed Green Salad & Ranch Dressing Zucchini Coins Fresh Apple
29 NO SCHOOL	Chicken Tacos 30 Whole Grain Tortillas Shredded Cheddar Cheese & Taco Sauce Chipotle Style Black Beans Shredded Romaine, Carrot Sticks Fresh Banana, Mandarin Oranges ALTERNATE: Chicken Caesar Wrap	Mighty Meatball Foldit 31 Beef Meatballs in Marinara Sauce Flatbread, Shredded Mozzarella Cheese Oven French Fries & Ketchup Celery Smiles Fresh Apple ALTERNATE: Turkey Club Sub	 <p>FRESH FAVORITE</p> <p>BANANAS</p> <p>Bananas are the most widely consumed fruit on the planet. They have a healthy dose of potassium which not only keeps your heart healthy, but also helps your muscles work. Bananas also contain "resistant" starch which nourishes the good bacteria in your gut in order to fight the bad bacteria.</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."