


JUNE 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>STRAWBERRIES</p> <p>Strawberries are the only fruit with seeds on the outside--on average, each strawberry has 200 seeds! These ruby-red gems are perfectly ripe in Minnesota gardens in June and July and get their red color from anthocyanins, which helps fight infection and disease.</p>	<p>Turkey Cheeseburger 1</p> <p>Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup Fresh Strawberries, Applesauce ALTERNATE: Southwest Chicken Wrap</p>	<p>Pizza 2</p> <p>Baby Carrots & Fresh Broccoli Ranch Dressing Apple Juice</p>	
<p>Beef Hot Dog on a Bun 5</p> <p>Ketchup Wango Mango Juice Vegetarian Baked Beans Harvest Cheddar Sun Chips Fresh Orange ALTERNATE: Italian Cold Cut Combo</p>	<p>Chicken & Gravy 6</p> <p>Loaded Mashed Potatoes Zucchini Coins, Ranch Dressing Wheat Bread & Butter Fresh Banana, Fresh Grapes Giant Graham Cracker ALTERNATE: Chicken Cheddar Wrap</p>	<p>French Bread Dipper 7</p> <p>Marinara Dipping Sauce Spinach Green Salad Baby Carrots Italian Dressing Craisins, Chilled Mixed Fruit ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Chicken Slider Mac & Cheese 8</p> <p>Fresh Broccoli & Carrots Fresh Melon Ranch Dressing ALTERNATE: Turkey Club Sub</p>	<p>Pizza 9</p> <p>Romaine Salad Cucumbers Ranch Dressing Fresh Apple</p>

Have a Great Summer!

Meal Benefits Applications for 2017-2018 will be available on the TCA website on July 1.

Free Summer Food Program at all St. Parks and Recreation Centers June 12 – August 25.

Look for more information on the TCA website or go to:

<https://www.stpaul.gov/departments/parks-recreation/recreation-centers/programs/free-summer-meals-program>

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."