

Breakfast costs 1.80 per day\*

Lunch costs 3.00 per day\*



\* Lunch costs \$3.80 per day if students do not take 1 full cup of fruit or vegetables. We strongly encourage students to take 1 full cup or fruit or vegetables for school lunch and 1/2 cup of fruit for school breakfast.

Menu Subject to Change					NOVEMBER LUNCH MENU					2017-2018				
Monday		Tuesday		Wednesday		Thursday		Friday						
				1		2		3						
				<b>BBQ Chicken Slider</b> Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Apple		<b>Cheese Stuffed Breadsticks</b> Marinara Dipping Sauce Spinach Salad Italian Dressing Celery Smiles		<b>Turkey Ham and Cheese Ciabatta</b> Fresh Broccoli w ranch Whole Grain Chips Fresh Melon						
6		7		8		9		10						
<b>No School</b>		<b>BBQ Beef Meatballs</b> Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes		<b>Creamy Pasta Alfredo</b> Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Fresh Melon WG French Bread w Butter		<b>Beef Tacos</b> Whole Grain Tortilla Cheddar Cheese Shredded Romaine Lettuce Refried Beans Fresh Apple Taco Sauce & Sour Cream		<b>Teriyaki Chicken Slider</b> Hamburger Bun Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Chilled Pineapple						
13		14		15		16		17						
<b>Chicken Strips</b> BBQ Dipping Sauce Green Beans Carrot Sticks & Ranch Dressing Dinner Roll & Butter Fresh Apple		<b>Cheeseburger</b> Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Fresh Apple Ranch & Ketchup		<b>Chicken Drumstick</b> Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Whole Grain Bread, Butter Mandarin Oranges Whole Grain Cookie		<b>Popcorn Orange Chicken</b> Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Fresh Grapes Ranch Dressing		<b>Walking Tacos</b> Seasoned Beef, Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine Baby Carrots, Fresh Melon						
20		21		22		23		24						
<b>Crispy Chicken on a Bun</b> Celery Smiles Steamed Corn Chilled Pears		<b>Mini Turkey Corn Dogs</b> Vegetarian Baked Beans Romaine Salad French Dressing Fresh Banana and Raisins Ketchup		<b>BBQ Beef Riblet</b> Hoagie Roll Glazed Carrots Fresh Sugar Snap Peas Applesauce		<b>No School Thanksgiving</b>		<b>No School Thanksgiving</b>						
27		28		29		30		43070						
<b>French Toast &amp; Syrup</b> <b>Turkey Sausage</b> Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice		<b>Chicken Tacos</b> Whole Grain Tortilla Shredded Cheddar Cheese Taco Sauce Chipotle Style Beans Shredded Romaine Fresh Banana and Pineapple Tidbits		<b>Meatball Hoagie</b> Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Fresh Apple Tater Tots & Ketchup Celery Smiles		<b>Turkey Cheeseburger</b> Hamburger Bun Shredded Lettuce Roasted Red Potatoes Fresh Strawberries Ketchup		<b>Garlic Cheese Pizza Bread</b> Marinara Sauce Kale & Romaine Salad Italian Dressing Fresh Orange and Juice Cup						
Monday Breakfast		Tuesday Breakfast		Wednesday Breakfast		Thursday Breakfast		Friday Breakfast						
Breakfast Bar String Cheese 4 oz Juice Cup Fresh Fruit Milk Choice		Assorted Muffin String Cheese 4 oz Juice Cup Fresh Fruit Milk Choice		Warm Bagel Cream Cheese 4 oz Juice Cup Fresh Fruit Milk Choice		Breakfast Roll String Cheese 4 oz Juice Cup Fresh Fruit Milk Choice		Warm Pop Tart String Cheese 4 oz Juice Cup Fresh Fruit Milk Choice						
<b>MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE CHOCOLATE. ALL BREADS SERVED ARE WHOLE GRAIN.</b>														
<b>Lancer Dining does not serve any products that contain pork, peanuts or peanut oil. All products are baked or steamed, never fried. All breads are whole grain.</b>														