

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.

OCTOBER LUNCH MENU				
2017-2018				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Sabino's Pizza Burger</b> Italian Seasoned Beef on Garlic Toast Shredded Mozzarella Cheese Baby Carrots Hummus Craisins and Applesauce	<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
9	10	11	12	13
<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
16	17	18	19	20
<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 Staff Development</b>	<b>No School Staff Development</b>
23	24	24	26	27
<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
30	31			
<b>Beef Hot Dog on a Bun</b> Ketchup Jicama Sticks & Ranch Dressing Harvest Cheddar Sun Chips Vegetarian Baked Beans Chilled Mixed Fruit	<b>Chicken Caesar Wrap</b> Zucchini Coins Fresh Banana Applesauce Whole Grain Tortilla Chips Giant Graham Cracker			
<b>Monday Breakfast</b>	<b>Tuesday Breakfast</b>	<b>Wednesday Breakfast</b>	<b>Thursday Breakfast</b>	<b>Friday Breakfast</b>
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>				