

Breakfast costs 1.80 per day\*

Lunch costs 3.00 per day\*



Menu Subject to Change					SEPTEMBER FOOD SERVICE MENU					2018				
Monday		Tuesday		Wednesday		Thursday		Friday						
3		4		5		6		7						
<b>No School Labor Day</b>		<b>Chicken Taco Meat</b> Whole Grain Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Refried Beans, Diced Tomatoes Fresh Apple Taco Sauce Fresh Fruits & Veggies Bar		<b>Chicken Ala King</b> Creamy Mashed Potato WG French Bread Fresh Broccoli Fresh Melon Butter PC Fresh Fruits & Veggies Bar		<b>Chicken Patty</b> Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Fresh Fruits & Veggies Bar		<b>Italian Seasoned Beef</b> WG Garlic Toast Grape Tomatoes, Ranch Dressing Sliced Romaine & Iceberg Salad Fresh Orange, Applesauce Mozzarella Cheese Fresh Fruits & Veggies Bar						
10		11		12		13		14						
<b>Cheeseburger</b> Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Fresh Fruits & Veggies Bar		<b>BBQ Beef Riblet</b> Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Applesauce Fresh Fruits & Veggies Bar		<b>Chicken Alfredo</b> WG Penne Pasta WG French Bread & Butter PC Romaine Salad Celery Sticks Fresh Orange & Craisins Fresh Fruits & Veggies Bar		<b>Chicken Strips</b> Steamed Corn Cucumber Coins Fresh Melon BBQ Dipping Sauce WG Dinner Roll Fresh Fruits & Veggies Bar		<b>Walking Taco Beef</b> WG Nacho Chips Shredded Cheddar Cheese Shredded Romaine Fresh Carrot Stick & Ranch Dressing Chilled Peaches Giant Graham Fresh Fruits & Veggies Bar						
17		18		19		20		21						
<b>Turkey Mini Corn Dogs</b> Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Fresh Fruits & Veggies Bar		<b>BBQ Chicken Slider</b> Mac & Cheese WG Hamburger Bun Jicama Sticks Zucchini Coins Fresh Banana Craisins Fresh Fruits & Veggies Bar		<b>Sweet &amp; Sour Chicken Meatballs</b> Vegetable Brown Rice Fresh Broccoli Chilled Pineapple Grape Tomatoes Fresh Fruits & Veggies Bar		<b>Cheese Stuffed Breadsticks</b> Marinara Dipping Sauce Kale & Romaine Salad Pea Pods Fresh Melon Fresh Fruits & Veggies Bar		<b>Italian Meatsauce</b> WG Penne Pasta Kohlrabi Sticks Carrot Sticks Fresh Grapes Fresh Fruits & Veggies Bar						
24		25		26		27		28						
<b>Chicken Flatbread Gyro</b> WG Pita Bread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Sour Cream Fresh Fruits & Veggies Bar		<b>Beef Tacos</b> Seasoned Black Beans WG Tortilla Taco Sauce Shredded Cheddar Cheese Shredded Romaine Fresh Banana Applesauce Fresh Fruits & Veggies Bar		<b>Popcorn Orange Chicken</b> Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Orange Sauce Fresh Carrots Fresh Fruits & Veggies Bar		<b>BBQ Beef Meatballs</b> Potato Wedges WG Cornbread Grape Tomatoes Applesauce Fresh Fruits & Veggies Bar		<b>Garlic Cheese Pizza Bread</b> Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange Fresh Fruits & Veggies Bar						
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>														