

Breakfast costs 1.80 per day*

Lunch costs 3.00 per day*



Menu Subject to Change					NOVEMBER FOOD SERVICE MENU					2018				
Monday		Tuesday		Wednesday		Thursday		1			2			
								BBQ Beef Meatballs Potato Wedges WG Cornbread Grape Tomatoes Applesauce Fresh Fruits & Veggies Bar			Garlic Cheese Pizza Bread Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange Raisins Fresh Fruits & Veggies Bar			
5		6		7		8		9			10			
No School Conference Prep		Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana & Craisins WG Pretzel Goldfish (HS only) Fresh Fruits & Veggies Bar		Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries WG Teabiscuit (HS only) Fresh Fruits & Veggies Bar		Turkey Cheeseburger Roasted Red Potatoes WG Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Fresh Fruits & Veggies Bar		Teriyaki Chicken Chicken Egg Roll WG Slider Bun Fresh Broccoli & Ranch Dressing Fresh Apple Sweet & Sour Dip Fresh Fruits & Veggies Bar						
12		13		14		15		16			17			
Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Cheese Tater Tots Fresh Zucchini Chilled Pears Fresh Fruits & Veggies Bar		Chicken Taco Meat Whole Grain Tortilla Shredded Cheddar Cheese Shredded Romaine Lettuce Refried Beans, Diced Tomatoes Fresh Apple Taco Sauce Fresh Fruits & Veggies Bar		Turkey and Swiss Ciabatta Turkey and Swiss on a Ciabatta Bun Potato Salad Fresh Broccoli Fresh Melon WG Teabiscuit Fresh Fruits & Veggies Bar		Chicken Patty Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Fresh Fruits & Veggies Bar		Italian Seasoned Beef WG Garlic Toast Grape Tomatoes, Ranch Dressing Sliced Romaine & Iceberg Salad Fresh Orange, Applesauce Mozzarella Cheese Fresh Fruits & Veggies Bar						
19		20		21		22		23			24			
Cheeseburger Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Fresh Fruits & Veggies Bar		BBQ Beef Riblet Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Applesauce Fresh Fruits & Veggies Bar		Turkey Club Sub Romaine Salad Celery Sticks Fresh Orange & Craisins WG Pretzel Goldfish Fresh Fruits & Veggies Bar		No School Thanksgiving			No School Thanksgiving					
26		27		28		29		30			31			
Turkey Mini Corn Dogs Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Fresh Fruits & Veggies Bar		BBQ Chicken Slider Mac & Cheese WG Hamburger Bun Jicama Sticks Zucchini Coins Fresh Banana Craisins Fresh Fruits & Veggies Bar		Beef Nachos Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa Fresh Fruits & Veggies Bar		Cheese Stuffed Breadsticks Marinara Dipping Sauce Vegetable Blend Fresh Melon Fresh Fruits & Veggies Bar		Italian Meatsauce WG Penne Pasta Fresh Pea Pods Carrot Sticks Fresh Grapes 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						
MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE CHOCOLATE. All BREADS SERVED ARE WHOLE GRAIN.														
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.														