

Breakfast costs 1.80 per day\*

Lunch costs 3.00 per day\*



<b>Menu Subject to Change</b>				
<b>OCTOBER FOOD SERVICE MENU</b>				
<b>2018</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>WG French Toast</b> Turkey Sausage Celery Sticks Wango Mango Veggie Juice Chilled Tropical Fruit Syrup Fresh Fruits & Veggies Bar	<b>Beef Hot Dog</b> Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana & Craisins WG Pretzel Goldfish Fresh Fruits & Veggies Bar	<b>Chicken Drumstick</b> Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries WG Teabiscuit Fresh Fruits & Veggies Bar	<b>Turkey Cheeseburger</b> Roasted Red Potatoes WG Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Fresh Fruits & Veggies Bar	<b>Teriyaki Chicken</b> Chicken Egg Roll WG Slider Bun Fresh Broccoli & Ranch Dressing Fresh Apple Sweet & Sour Dip Fresh Fruits & Veggies Bar
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Meatball Hoagie</b> Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Cheese Tater Tots Fresh Zucchini Chilled Pears Fresh Fruits & Veggies Bar	<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
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<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>No School Teacher Workshops</b>	<b>No School Teacher Workshops</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<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
<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov 1</b>	<b>Nov 2</b>
<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
<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>				