

Breakfast costs 1.80 per day*

Lunch costs 3.00 per day*



Menu Subject to Change					DECEMBER FOOD SERVICE MENU					2018				
Monday		Tuesday		Wednesday		Thursday		Friday						
3		4		5		6		7						
Turkey Club Sub Cucumber Coins Shredded Romaine Diced Tomatoes Mandarin Oranges Fresh Fruits & Veggies Bar		Beef Tacos Seasoned Black Beans WG Tortilla Salsa Shredded Cheddar Cheese Shredded Romaine Fresh Banana Applesauce Fresh Fruits & Veggies Bar		Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Carrots Fresh Melon Orange Sauce Fresh Fruits & Veggies Bar		BBQ Chicken 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						
10		11		12		13		14						
WG French Toast Turkey Sausage Celery Sticks Calypso Crush Veggie Juice Chilled Tropical Fruit Syrup Fresh Fruits & Veggies Bar		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						
17		18		19		20		21						
Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Cheese Tri Taters 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		No School Winter Break		No School Winter Break						
24		25		26		27		28						
No School Winter Break		No School Winter Break		No School Winter Break		No School Winter Break		No School Winter Break						
31		Jan 1		Jan 2		Jan 3		Jan 4						
No School Winter Break		No School Winter Break		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%, LOW FAT CHOCOLATE or LOW FAT STRAWBERRY. 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.														