

Breakfast costs 1.80 per day*

Lunch costs 3.00 per day*



Menu Subject to Change					JANUARY FOOD SERVICE MENU					2019				
Monday		Tuesday		Wednesday		Thursday		Friday						
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						
7		8		9		10		11						
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						
14		15		16		17		18						
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		No School Conference Prep						
21		22		23		24		25						
No School Martin Luther King Jr. Day		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 Creamy Mashed Potatoes Fresh Broccoli Fresh Melon WG Teabiscuit w/ butter (HS only) 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						
28		29		30		31		Feb 1						
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 WG French Bread & Butter PC Romaine Salad Celery Sticks Fresh Orange & Craisins WG Teabiscuit w/ butter (HS only) Fresh Fruits & Veggies Bar		Chicken Strips Steamed Corn Cucumber Coins Fresh Melon BBQ Dipping Sauce WG Dinner Roll Fresh Fruits & Veggies Bar		Walking Taco Beef WG Nacho Chips Shredded Cheddar Cheese Shredded Romaine Fresh Carrot Stick & Ranch Dressing Chilled Peaches Giant Graham 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.														