

Breakfast costs 1.80 per day*

Lunch costs 3.00 per day*



Menu Subject to Change					OCTOBER FOOD SERVICE MENU					2019				
Monday		Tuesday		Wednesday		Thursday		Friday						
September 30		1		2		3		4						
Chicken Flatbread Gyro or Turkey Club Sub Cucumbers Diced Tomatoes Diced Pears Fresh Fruits & Veggies Bar		Chicken Tacos Whole Wheat Tortilla Seasoned Black Beans Shredded Cheddar Cheese Shredded Romaine, Taco Sauce Fresh Banana Fresh Fruits & Veggies Bar		BBQ Turkey Burger WG Hamburger Bun Loaded Mashed Potatoes Baby Carrots Fresh Cut Melon Fresh Fruits & Veggies Bar		Beef Hot Dog WG Hot Dog Bun Sweet Potato Cubes Broccoli Fresh Apple Fresh Fruits & Veggies Bar		Italian Meat Sauce Penne Pasta Tea Biscuit Shredded Romaine Jicama Sticks Fresh Orange Fresh Fruits & Veggies Bar						
7		8		9		10		11						
French Toast Turkey Sausage Celery sticks Carrot Sticks Diced Pears Fresh Fruits & Veggies Bar		Beef Tacos Refried Beans Tortilla Salsa Shredded Cheddar Cheese Shredded Romaine Fresh Banana Fresh Fruits & Veggies Bar		Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Zucchini Fresh Orange Orange Sauce Fresh Fruits & Veggies Bar		BBQ Chicken Drumstick Potato Cubes Grape Tomatoes Carrot Sticks Fresh Apple Dinner Roll Fresh Fruits & Veggies Bar		Italian Seasoned Beef Garlic Toast Shredded Mozzarella Cheese Tossed Spinach Fresh Orange Fresh Fruits & Veggies Bar						
14		15		16		17		18						
Turkey Cheeseburger American Cheese Slice Vegetarian Baked Beans Whole Grain Hamburger Bun Fresh Carrots Fresh Apple Fresh Fruits & Veggies Bar		BBQ Chicken Meatballs Jicama Sticks Fresh Broccoli Fresh Orange Dinner Roll Fresh Fruits & Veggies Bar		Beef Chili Cheese Fries Shredded Cheddar Cheese Potato Wedges Whole Grain Cookie Pea Pods, Fresh Apple Dinner Roll (HS only) Fresh Fruits & Veggies Bar		No School Staff Development		No School Staff Development						
21		22		23		24		25						
Chicken Strips Vegetarian Baked Beans Carrot Sticks Fresh Orange BBQ Dipping Sauce Dinner Roll (HS only) Fresh Fruits & Veggies Bar		Beef Hot Dog Hot Dog Bun Corn Cucumber Coins Fresh Banana Fresh Fruits & Veggies Bar		Chicken Alfredo or Turkey Club Sub Chopped Romaine Celery Sticks Apple Dinner Roll Fresh Fruits & Veggies Bar		Beef Meatballs in Marinara Sauce Hoagie Bun Shredded Mozzarella Glazed Carrots Zucchini Fresh Orange Fresh Fruits & Veggies Bar		Teriyaki Chicken with a Chicken Egg Roll or Turkey and Swiss on a Ciabatta Roll Fresh Broccoli Diced Pears Fresh Fruits & Veggies Bar						
28		29		30		31		November 1						
Chicken Patty Hamburger Bun Vegetarian Baked Beans Baby Carrots Fresh Apple Fresh Fruits & Veggies Bar		Beef Nachos Cheese Sauce Corn Chips Shredded Romaine Salsa Fresh Banana Fresh Fruits & Veggies Bar		Chicken Drumstick Vegetable Brown Rice Zucchini Chopped Romaine Diced Pears Fresh Fruits & Veggies Bar		Cheeseburger Hamburger Bun American Cheese Slice Roasted Potato Wedges Fresh Broccoli Fresh Fruits & Veggies Bar		Garlic Cheese Pizza Bread Marinara Sauce Shredded Romaine Celery Sticks Fresh Apple 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		Warm Bagel Cream Cheese 4 oz Juice Cup Fresh Fruit Milk Choice		Assorted Muffin String 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% MILK, FAT FREE CHOCOLATE AND STRAWBERRY MILK.

ALL BREADS SERVED ARE WHOLE GRAIN. Lancer Dining does not serve any products that contains pork, peanuts or peanut oil. All products are baked or steamed, never fried.