

Breakfast costs 1.80 per day\*

Lunch costs 3.00 per day\*



<b>Menu Subject to Change</b>				
<b>SEPTEMBER FOOD SERVICE MENU</b>				
<b>2019</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>No School Labor Day</b>	<b>Beef Tacos</b> Refried Beans Tortilla Salsa Shredded Cheddar Cheese Shredded Romaine Fresh Banana Fresh Fruits & Veggies Bar	<b>Popcorn Orange Chicken</b> Fried Vegetable Brown Rice Fresh Broccoli Fresh Zucchini Fresh Orange Orange Sauce Fresh Fruits & Veggies Bar	<b>BBQ Chicken Drumstick</b> Potato Cubes Grape Tomatoes Carrot Sticks Fresh Apple Dinner Roll Fresh Fruits & Veggies Bar	<b>Italian Seasoned Beef</b> Garlic Toast Shredded Mozzarella Cheese Tossed Spinach Fresh Orange Fresh Fruits & Veggies Bar
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Turkey Cheeseburger</b> American Cheese Slice Vegetarian Baked Beans Whole Grain Hamburger Bun Fresh Carrots Fresh Apple Fresh Fruits & Veggies Bar	<b>BBQ Chicken Meatballs</b> Jicama Sticks Fresh Broccoli Fresh Orange Dinner Roll Fresh Fruits & Veggies Bar	<b>Beef Chili Cheese Fries</b> Shredded Cheddar Cheese Potato Wedges Whole Grain Cookie Pea Pods, Fresh Apple Dinner Roll (HS only) Fresh Fruits & Veggies Bar	<b>Cheese Stuffed Breadsticks</b> Marinara Dipping Sauce Green Beans Fresh Iceburg and Romaine Mix Diced Peaches Fresh Fruits & Veggies Bar	<b>Walking Taco Beef</b> Whole Grain Taco Chips Shredded Cheddar Cheese Shredded Romaine Fresh Carrot Stick & Diced Tomatoes Applesauce Fresh Fruits & Veggies Bar
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Chicken Strips</b> Vegetarian Baked Beans Carrot Sticks Fresh Orange BBQ Dipping Sauce Dinner Roll (HS only) Fresh Fruits & Veggies Bar	<b>Beef Hot Dog</b> Hot Dog Bun Corn Cucumber Coins Fresh Banana Fresh Fruits & Veggies Bar	<b>Chicken Alfredo or Turkey Club Sub</b> Chopped Romaine Celery Sticks Apple Dinner Roll Fresh Fruits & Veggies Bar	<b>Beef Meatballs in Marinara Sauce</b> Hoagie Bun Shredded Mozzarella Glazed Carrots Zucchini Fresh Orange Fresh Fruits & Veggies Bar	<b>Teriyaki Chicken with a Chicken Egg Roll or Turkey and Swiss on a Ciabatta Roll</b> Fresh Broccoli Diced Pears Fresh Fruits & Veggies Bar
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Chicken Patty</b> Hamburger Bun Vegetarian Baked Beans Baby Carrots Fresh Apple Fresh Fruits & Veggies Bar	<b>Beef Nachos</b> Cheese Sauce Corn Chips Shredded Romaine Salsa Fresh Banana Fresh Fruits & Veggies Bar	<b>Chicken Drumstick</b> Vegetable Brown Rice Zucchini Chopped Romaine Diced Pears Fresh Fruits & Veggies Bar	<b>Cheeseburger</b> Hamburger Bun American Cheese Slice Roasted Potato Wedges Fresh Broccoli Fresh Fruits & Veggies Bar	<b>Garlic Cheese Pizza Bread</b> Marinara Sauce Shredded Romaine Celery Sticks Fresh Apple Fresh Fruits & Veggies Bar
<b>30</b>				
<b>Beef Tacos</b> Seasoned Black Beans Tortilla Salsa Shredded Cheddar Cheese Shredded Romaine Fresh Banana Applesauce 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	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.