

Breakfast costs 1.80 per day*

Lunch costs 3.00 per day*



NOVEMBER FOOD SERVICE MENU				
2019				
Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change				
1				
				Garlic Cheese Pizza Bread Marinara Sauce Shredded Romaine Celery Sticks Fresh Apple Fresh Fruits & Veggies Bar
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 Dinner Roll (HS only) Shredded Romaine Jicama Sticks Fresh Orange Fresh Fruits & Veggies Bar
11				
No School Conference Prep	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 Tropical Fruit 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
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	Cheese Stuffed Breadsticks Marinara Dipping Sauce Green Beans Fresh Iceberg and Romaine Mix Diced Peaches Fresh Fruits & Veggies Bar	Walking Taco Beef Whole Grain Taco Chips Shredded Cheddar Cheese Shredded Romaine Fresh Carrots & Diced Tomatoes Applesauce Fresh Fruits & Veggies Bar
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	Turkey Club Sub Chopped Romaine Celery Sticks Fresh Apple Whole Grain Cookie Fresh Fruits & Veggies Bar	No School Thanksgiving	
Monday Breakfast				
Breakfast Bar Choice String Cheese 4 oz Juice Cup Dried Fruit Milk Choice	Tuesday Breakfast Assorted Muffin Cream Cheese 4 oz Juice Cup Dried Fruit Milk Choice	Wednesday Breakfast Warm Bagel String Cheese 4 oz Juice Cup Dried Fruit Milk Choice	Thursday Breakfast Breakfast Roll String Cheese 4 oz Juice Cup Dried Fruit Milk Choice	Friday Breakfast Warm Pop Tart String Cheese 4 oz Juice Cup Dried 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.				