

For the 2021-2022 school year,
all students get free school
meals under an extended
federal program for Covid19



Menu Subject to Change					OCTOBER FOOD SERVICE MENU					2021				
Monday		Tuesday		Wednesday		Thursday		Friday						
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								Buffalo Chicken on WG Bun Fresh Carrots Fresh Celery Sticks Fresh Apple Giant Graham Alternate: Lunch bag Variety						
4		5		6		7		8						
Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup Alternate: Lunch bag Variety		BBQ Drumstick w/ Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana Strawberry Cup Alternate: Lunch bag Variety		Turkey w/ Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup Raisins Alternate: Lunch bag Variety		Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple Alternate: Lunch bag Variety		Beef Sticks on the Go Beef Sticks Cheese stick or cheese cup Applesauce Cup Crackers Fruit Juice Sunflower Seeds						
11		12		13		14		15						
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC Alternate: Lunch bag Variety		Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana Raisins Alternate: Lunch bag Variety		Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Apple Juice Alternate: Lunch bag Variety		BBQ Chicken Sandwich Corn Fresh Orange Peach Cup Alternate: Lunch bag Variety		Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple Alternate: Lunch bag Variety						
18		19		20		21		22						
Beef Meatball Sub, WG Hoagie Bun Mozzarella Cheese Fresh Carrots Fresh Broccoli Applesauce Cup Alternate: Lunch bag Variety		Breaded Chicken Patty on WG Bun American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC Alternate: Lunch bag Variety		Sloppy Joe on WG Bun Corn Fresh Carrots Peach Cup Raisins Alternate: Lunch bag Variety		No School MEA		No School MEA						
25		26		27		28		29						
Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple Alternate: Lunch bag Variety		French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Orange Juice Syrup PC Alternate: Lunch bag Variety		Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC Alternate: Lunch bag Variety		Chicken Marinara, Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange Applesauce Cup Alternate: Lunch bag Variety		Buffalo Chicken on WG Bun Fresh Carrots Fresh Celery Sticks Fresh Apple Giant Graham Alternate: Lunch bag Variety						
Monday Breakfast		Tuesday Breakfast		Wednesday Breakfast		Thursday Breakfast		Friday Breakfast						
Breakfast Bar String Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice		Warm Bagel Cream Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice		Assorted Muffin String Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice		Breakfast Roll String Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice		Warm Pop Tart String Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice						
MILK VARIETY SERVED AT EVERY MEAL 1% MILK, 1% CHOCOLATE 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.														