Free & reduced price meal information can be obtained online or in the school office.

Milk only = \$.50,VEG: = Vegetarian, ALT: Alternate Meal Option, Peanut Butter and Jelly Uncrustables are a daily meal option

Revised 9-4-2018

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	Menu Subject to Change	K - 8 OCTOBER LUNCH MENU 2018-2019		
Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
French Toast	Beef Hot Dog	Chicken Drumstick	Turkey Cheeseburger	Teriyaki Chicken
Turkey Sausage	Vegetarian Baked Beans	Loaded Mashed Potatoes	Roasted Red Potatoes	Chicken Egg Roll
Celery Sticks	WG Hot Dog Bun	Whole Grain Cookie	Hamburger Bun	WG Slider Bun
Chilled Tropical Fruit	Cauliflower Florets	Kale/Romaine Salad	Shredded Lettuce	Fresh Broccoli
Wango Mango Juice	Fresh Banana	Fresh Strawberries	Fresh Carrots	Fresh Apple
Syrup	Ketchup	Italian Dressing	Fresh Grapes	Sweet & Sour Dip
	Ranch Dressing		Ketchup	Ranch Dressing
VEG:French Toast w/Cheese Omelet	VEG:Hummus & Cheese Sandwich	VEG:Garden Burger w/Gravy	VEG:Grilled Cheese Sandwich	VEG:Teriyaki Tofu
ALT:Southwest Chicken Wrap	ALT:Turkey Club Sub	ALT:Chicken Cheddar Wrap	ALT:Turkey & Spinach Sandwich	ALT:Cold Cut Combo-BL
8th	9th	10th	11th	12th
Meatball Hoagie	Chicken Tacos	Chicken Ala King	Chicken Patty	Italian Seasoned Beef
Meatballs in Marinara Sauce	WG Tortilla	Creamy Mashed Potato	Green Beans	WG Garlic Toast
Hoagie Roll	Shredded Cheddar Cheese	WG French Bread	WG Hamburger Bun	Grape Tomatoes
Shredded Mozzarella Cheese	Shredded Romaine	Fresh Broccoli	Fresh Carrots	Romaine & Iceberg Blend
Tater Tots & Ketchup	Refried Beans	Fresh Melon	Fresh Grapes	Fresh Apple
Fresh Zucchini & Ranch	Fresh Apple	Butter PC	Ranch Dressing	Mozzarella Cheese
Chilled Pears	Taco Sauce	Ranch Dressing	Mayo Packet	Ranch Dressing
VEG:Lasagna Rolls	VEG:Cheese Quesadilla	VEG:Garden Burger w/Gravy	VEG:Grilled Cheese Sandwich	VEG::Cheese Stuffed Breadstics(2ea)
ALT:Turkey Club Sub	ALT:Chicken Cheddar Wrap	ALT:Roast Turkey And Cheese Sandwich	ALT:Chicken Caesar Wrap	ALT:TurkeyWrap-BL
15th	16th	17th	18th	19th
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
22nd	23rd	24th	25th	26th
Turkey Mini Corn Dogs	BBQ Chicken Slider	Beef Nachos	Cheese Stuffed Breadsticks	Italian Meatsauce
Vegetarian Baked Beans	Mac & Cheese	Cheese Sauce	Marinara Dipping Sauce	WG Penne Pasta
Fresh Carrots	WG Hamburger Bun	Corn Tortilla Chips	Vegetable Blend	Fresh Pea Pods
Fresh Apple	Jicama	Broccoli	Fresh Melon	Carrot Sticks
Ketchup	Zucchini Coins	Chilled Pineapple		Fresh Grapes
Ranch Dressing	Fresh Banana	Salsa		Ranch Dressing
	Ranch Dressing			
VEG:Garden Burger	VEG:MacNCheese	VEG:Sweet & Sour Tofu		VEG:Lasagna Rolls
ALT:Southwest Chicken Wrap	ALT:Turkey Club Sub	ALT:Chicken Cheddar Wrap	ALT:Turkey & Spinach Sandwich	ALT:Cold Cut Combo-BL
29th	30th	31st	Nov 1st	
Chicken Flatbread Gyro	Beef Tacos	Popcorn Orange Chicken	BBQ Chicken Meatballs	
WG Flatbread	Seasoned Black Beans	Fried Vegetable Brown Rice	Potato Wedges	Lancer Dining Services does not use pork, pe
Cucumber Coins	WG Tortilla	Fresh Broccoli	Cornbread	tree nut or shellfish ingredients. All items are ba
Shredded Romaine, Diced Tomatoes	Shredded Cheddar Cheese	Fresh Melon	Grape Tomatoes	steamed, mindfully made with fresh or froze
Mandarin Oranges	Shredded Romaine	Ranch Dressing	Applesauce	vegetables (never canned!),100% whole grains variety of lean meats using heart-healthy oils an
Ranch Dressing & Sour Cream PC	Fresh Banana Taco Sauce	Orange Sauce	Ketchup	salt seasonings. Please visit
VEG:Garden Burger	VEG:Cheese Quesadilla	VEG: Roast Tofu w/ Orange Sauce	VEG:Cheese Omelet	dining.lancerhospitality.com for more informa
ALT:Turkey Club Sub	ALT:Chicken Cheddar Wrap	ALT:Roast Turkey And Cheese Sandwich	ALT:Chicken Caesar Wrap	i