

Menu Subject to Change K - 8 FEBRUARY LUNCH MENU 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
				1-Feb
Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings. Please visit dining.lancerhospitality.com for more information.	BL = bag lunch. Sandwich w, fruit, veggie and graham cracker VEG: Vegetarian Meal (special order)			<b>Walking Taco Beef</b> WG Nacho Chips Shredded Cheddar Cheese Shredded Romaine Fresh Carrot Stick Chilled Peaches  <b>VEG: Walking taco with pinto beans</b> <b>ALT: Turkey Wrap-BL</b>
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
<b>Turkey Mini Corn Dogs</b> Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Ranch Dressing  <b>VEG: Garden Burger</b> <b>ALT: Southwest Chicken Wrap</b>	<b>BBQ Chicken Slider</b> Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana Ranch Dressing <b>VEG: Mac &amp; Cheese</b> <b>ALT: Turkey Club Sub</b>	<b>Beef Nachos</b> Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa  <b>VEG: Bean &amp; Cheese Burrito</b> <b>ALT: Chicken Cheddar Wrap</b>	<b>Cheese Stuffed Breadsticks</b> Marinara Dipping Sauce Vegetable Blend Fresh Melon  <b>ALT: Turkey &amp; Spinach Sandwich</b>	<b>Italian Meatsauce</b> WG Penne Pasta Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing  <b>VEG: Lasagna Rolls w/marinara Sauce</b> <b>ALT: Cold Cut Combo-BL</b>
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
<b>Chicken Flatbread Gyro</b> WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC  <b>VEG: Garden Burger w/flat bread</b> <b>ALT: Turkey Club Sub</b>	<b>Beef Tacos</b> Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce <b>VEG: Cheese Quesadilla (2ea)</b> <b>ALT: Chicken Cheddar Wrap</b>	<b>Popcorn Orange Chicken</b> Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce  <b>VEG: Roast Tofu w/ orange sauce</b> <b>ALT: Roast Turkey And Cheese Sandwich</b>	<b>BBQ Chicken Meatballs</b> Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup  <b>VEG: Cheese Omelet</b> <b>ALT: Chicken Caesar Wrap</b>	<b>Garlic Cheese Pizza Bread</b> Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange French Dressing  <b>ALT: Turkey Wrap-BL</b>
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
NO SCHOOL	NO SCHOOL	<b>Chicken Drumstick</b> Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing <b>VEG: Garden Burger w/ Veg Gravy</b> <b>ALTERNATE:</b> <b>ALT: Chicken Cheddar Wrap</b>	<b>Turkey Cheeseburger</b> Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes <b>VEG: Grilled Cheese Sandwich</b> <b>ALTERNATE:</b> <b>ALT: Turkey &amp; Spinach Sandwich</b>	<b>Teriyaki Chicken</b> Chicken Egg Roll WG Slider Bun Fresh Broccoli Fresh Apples Sweet & Sour Dip Ranch Dressing <b>VEG: Teriyaki Tofu</b> <b>ALT: Cold Cut Combo-BL</b>
25-Feb	26-Feb	27-Feb	28-Feb	
<b>Meatball Hoagie</b> Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Tater Tots & Ketchup Fresh Zucchini & Ranch Chilled Pears <b>VEG: Lasagna Rolls</b> <b>ALT: Turkey Club Sub</b>	<b>Chicken Tacos</b> WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce <b>VEG: Cheese Quesadilla (2ea)</b> <b>ALT: Chicken Cheddar Wrap</b>	<b>Chicken Ala King</b> Creamy Mashed Potato WG French Bread Fresh Broccoli Fresh Melon Butter PC Ranch Dressing <b>VEG: Garden Burger w VEG Gravy</b> <b>ALT: Roast Turkey And Cheese Sandwich</b>	<b>Chicken Patty</b> Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Ranch Dressing Mayo Packet <b>VEG: Grilled Cheese Sandwich</b> <b>ALT: Chicken Caesar Wrap</b>	<b>Free &amp; Reduced meal pricing information can be obtained online or in the school office.</b>

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.