

Menu Subject to Change K - 8 MARCH LUNCH MENU 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
				1-Mar
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 with fruit, veggie and grahm cracker. VEG: Vegetarian Meal (special order)			Italian Seasoned Beef WG Garlic Toast Grape Tomatoes Romaine & Iceberg Blend Fresh Orange Mozzarella Cheese Ranch Dressing VEG: Cheese Stuffed Breadsticks(2) ALT: Turkey Wrap-BL
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Cheeseburger Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing VEG: Garden Burger on a bun ALT: Turkey Club Sub	BBQ Beef Riblet Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing VEG: Hummas and Cheese Sandwich ALT: Chicken Cheddar Wrap	Chicken Alfredo WG Penne Pasta WG Tea Biscuit & Butter PC Romaine Salad Celery Sticks Fresh Orange Italian Dressing VEG: Cheesy Alfredo w/ Penne ALT: Roast Turkey And Cheese Sandwich	Chicken Strips Steamed Corn Cucumber Coins Fresh Melon BBQ Dipping Sauce Veg: Bean and Cheese Burrito ALT: Chicken Caesar Wrap	NO SCHOOL
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
Chicken Flatbread Gyro WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC VEG: Garden Burger w/ flatbread ALT: Turkey Club Sub	Beef Tacos Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce Veg: Cheese Quesadilla (2) ALT: Chicken Cheddar Wrap	Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce Veg: Roast Tofu w/ orange sauce ALT: Roast Turkey And Cheese Sandwich	BBQ Chicken Meatballs Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup VEG: Cheese Omelet ALT: Chicken Caesar Wrap	Garlic Cheese Pizza Bread Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange French Dressing ALT: Cold Cut Combo-BL
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
French Toast Turkey Sausage Celery Sticks Chilled Tropical Fruit Wango Mango Juice Syrup Veg: French Toast w/ Cheese Omelet ALT: Southwest Chicken Wrap	Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing Veg: Hummys and Cheese Sandwich ALT: Turkey Club Sub	Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing VEG: Garden Burger w/ VEG. Gravy ALT: Chicken Cheddar Wrap	Turkey Cheeseburger Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup Veg: Grilled Cheese Sandwich ALT: Turkey & Spinach Sandwich	Teriyaki Chicken Chicken Egg Roll WG Slider Bun Fresh Broccoli Fresh Apple Sweet & Sour Dip Ranch Dressing VEG: Teriyaki Tofu ALT: Turkey Wrap-BL

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.