

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup VEGETARIAN: NONE ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana VEGETARIAN: Tofu w/ Sweet & Sour ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup VEGETARIAN: Gardenburger w/ Veg Gravy ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple VEGETARIAN: Vegetarian Taco Meat ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Orange VEGETARIAN: Teriyaki Tofu ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC VEGETARIAN: Cheesebread w/ Marinara ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana VEGETARIAN: Gardenburger ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet & Sour VEGETARIAN: Cheese Enchilada ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	BBQ Chicken Sandwich Corn Fresh Orange VEGETARIAN: Lasagna Roll ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Cheese Stuffed Breadstick w/Marinara Fresh Carrots Fresh Apple VEGETARIAN: NONE ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Applesauce Cup VEGETARIAN: Tofu w/ Marinara ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Breaded Chicken Patty Sandwich on WG Bun American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC VEGETARIAN: Garden Burger ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Sloppy Joe on WG Bun Corn Peach Cup VEGETARIAN: Veggie Sloppy Joe ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC VEGETARIAN: Cheese Enchilada ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable	No School
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
No School	No School	No School	No School	No School
29-Nov	30-Nov			
No School	BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana VEGETARIAN: Tofu w/ Sweet & Sour ALTERNATE: Roast Turkey & Cheese Sandwich ALTERNATE: Uncrustable			Lancer Dining Services does not use peanuts, pork, 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.

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.