

Menu Subject to Change					K - 8 OCTOBER LUNCH MENU					2017-2018				
Monday		Tuesday		Wednesday		Thursday		Friday						
2nd		3rd		4th		5th		6th						
Sabino's Pizza Burger Italian Seasoned Beef on Garlic Toast Shredded Mozzarella Cheese Baby Carrots Hummus Craisins		BBQ Beef Meatballs Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes		Creamy Chicken Alfredo Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Fresh Melon WG French Bread w Butter		Beef Tacos Whole Grain Tortilla Cheddar Cheese Shredded Romaine Lettuce Refried Beans Fresh Apple Taco Sauce & Sour Cream		Teriyaki Chicken Slider Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Chilled Pineapple						
9th		10th		11th		12th		13th						
Chicken Strips BBQ Dipping Sauce Green Beans Carrot Sticks Fresh Apple Ranch Dressing		Cheeseburger Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Fresh Banana Ranch & Ketchup		Chicken Drumstick Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Mandarin Oranges Whole Grain Cookie		Popcorn Orange Chicken Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Fresh Grapes Ranch Dressing		Walking Tacos Seasoned Beef, Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine Baby Carrots, Fresh Melon						
16th		17th		18th		19th		20th						
Crispy Chicken on a Bun Celery Smiles Steamed Corn Chilled Pears		Mini Turkey Corn Dogs Vegetarian Baked Beans Romaine Salad French Dressing Fresh Banana Ketchup		BBQ Beef Riblet Hoagie Roll Glazed Carrots Fresh Sugar Snap Peas Applesauce		Sweet & Sour Chicken Meatballs Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Grape Tomatoes & Ranch Dressing Fresh Melon		Dominoes Pizza Mixed Green Salad Fresh Apple Ranch Dressing						
23rd		24th		25th		26th		27th						
French Toast & Syrup Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice		Chicken Tacos Whole Grain Tortilla Shredded Cheddar Cheese Taco Sauce Chipotle Style Beans Shredded Romaine Fresh Banana		Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Fresh Apple Tater Tots & Ketchup Celery Smiles		Turkey Cheeseburger Hamburger Bun Shredded Lettuce Roasted Red Potatoes Fresh Strawberries Ketchup		Garlic Cheese Pizza Bread Marinara Sauce Kale & Romaine Salad & Italian Dressing Craisins						
30th		31st												
Beef Hot Dog on a Bun Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Chilled Mixed Fruit		Chicken & Gravy Creamy Mashed Potato Bread & Butter Zucchini Coins Fresh Banana Giant Graham Cracker Ranch Dressing						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.						

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.