

K-8 SEPTEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Meatball Hoagie w/ Marinara 1</p> <p>WG 5" Hoagie Bun Italian Style Vegetables Fresh Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Teriyaki Chicken Sandwich 2</p> <p>WG Hamburger Bun Fresh Broccoli Strawberry Cup Ranch Dressing</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>Roast Turkey & Gravy 3</p> <p>WG Teabiscuit Mashed Potatoes Fresh Zucchini Diced Pears</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Swiss Patty Burger 4</p> <p>WG Hamburger Bun Baked Beans Fresh Carrots, Ranch Fresh Orange</p> <p>ALTERNATE: Pizza or Turkey & Cheese Ciabatta</p>
<p>LABOR DAY CLOSED 7</p>	<p>Chicken Fajita 8</p> <p>WG Tortilla Corn Fresh Banana</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>Sweet & Sour Chicken 9</p> <p>Fried Vegetable Brown Rice Fresh Broccoli Sweet & Sour Sauce Diced Pears</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Walking Taco 10</p> <p>Refried Beans Strawberry Banana Applesauce</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>BBQ Chicken Hoagie 11</p> <p>WG 5" Hoagie Bun Fresh Broccoli, Ranch Cucumber Coins Peach Cup</p> <p>ALTERNATE: Pizza or Turkey & Spinach Sandwich</p>
<p>Greek Turkey Burger 14</p> <p>WG Hamburger Bun Corn Strawberry Applesauce</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Chicken & Waffle Sandwich 15</p> <p>Fresh Carrots, Ranch Dressing Cucumber Coins Fresh Banana</p> <p>ALTERNATE: Turkey & Cheese Ciabatta</p>	<p>Cheesburger 16</p> <p>WG Hamburger Bun Potato Wedges Fresh Apple Ketchup</p> <p>ALTERNATE: Turkey & Cheese Sandwich</p>	<p>Chicken Corn Dog 17</p> <p>Fresh Broccoli Diced Pears Ranch Dressing Ketchup</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>BBQ Chicken Drumsticks 18</p> <p>WG Teabiscuit Baked Beans Zucchini Coins, Ranch Strawberry Cup</p> <p>ALTERNATE: Pizza or Turkey Club Sub</p>
<p>Cheese Quesadilla 21</p> <p>Black Beans Salsa Mandarin Oranges</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Mushroom Swiss Burger 22</p> <p>WG Hamburger Bun Celery, Ranch Dressing, Mushrooms Fresh Banana Ketchup</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>Cheese Enchilada 23</p> <p>Spanish Rice Fresh Carrots, Ranch Dressing Applesauce Cup</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Beef Sloppy Joe 24</p> <p>WG Hamburger Bun Corn Fresh Apple</p> <p>ALTERNATE: Turkey & Cheese Ciabatta</p>	<p>Buffalo Chicken Sandwich 25</p> <p>WG Hamburger Bun Garden Salad Fresh Carrots, Ranch Strawberry Banana Applesauce Cup</p> <p>ALTERNATE: Pizza or Turkey & Cheese Sandwich</p>
<p>Macaroni & Cheese 28</p> <p>Fresh Carrots Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Meatball Hoagie w/ Marinara 29</p> <p>WG 5" Hoagie Bun Italian Style Vegetables Fresh Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Teriyaki Chicken Sandwich 30</p> <p>WG Hamburger Bun Fresh Broccoli Strawberry Cup Ranch Dressing</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>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.</p>	

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."