

# K-8 OCTOBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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 <a href="http://dining.lancerhospitality.com">dining.lancerhospitality.com</a> for more information.</p>			<p><b>Roast Turkey &amp; Gravy</b> <b>1</b>                  WG Teabiscuit                  Mashed Potatoes                  Fresh Zucchini                  Diced Pears                  ALTERNATE: Southwest Chicken Wrap</p>	<p><b>Swiss Patty Burger</b> <b>2</b>                  WG Hamburger Bun                  Baked Beans                  Fresh Orange                  ALTERNATE: Pizza or Turkey &amp; Cheese Ciabatta</p>
<p><b>Salsa Turkey Burger</b> <b>5</b>                  WG Hamburger Bun                  Fresh Carrots                  Fresh Apple                  Ranch PC                  ALTERNATE: Turkey &amp; Cheese Sandwich</p>	<p><b>Chicken Fajita</b> <b>6</b>                  WG Tortilla                  Corn                  Fresh Banana                  ALTERNATE: Chicken Caesar Wrap</p>	<p><b>Sweet &amp; Sour Chicken</b> <b>7</b>                  Fried Vegetable Brown Rice                  Fresh Broccoli                  Sweet &amp; Sour Sauce                  Diced Pears                  ALTERNATE: Turkey Club Sub</p>	<p><b>Walking Taco</b> <b>8</b>                  Refried Beans                  Strawberry Banana Applesauce                  ALTERNATE: Chicken Cheddar Wrap</p>	<p><b>BBQ Chicken Hoagie</b> <b>9</b>                  WG 5" Hoagie Bun                  Fresh Broccoli, Ranch                  Cucumber Coins                  Peach Cup                  ALTERNATE: Pizza or Turkey &amp; Spinach Sandwich</p>
<p><b>Greek Turkey Burger</b> <b>12</b>                  WG Hamburger Bun                  Corn                  Strawberry Applesauce                  ALTERNATE: Southwest Chicken Wrap</p>	<p><b>Chicken &amp; Waffle Sandwich</b> <b>13</b>                  Fresh Carrots, Ranch Dressing                  Cucumber Coins                  Fresh Banana                  ALTERNATE: Turkey &amp; Cheese Ciabatta</p>	<p><b>Cheesburger</b> <b>14</b>                  WG Hamburger Bun                  Potato Wedges                  Fresh Apple                  Ketchup                  ALTERNATE: Turkey &amp; Cheese Sandwich</p>	<p><b>Chicken Corn Dog</b> <b>15</b>                  Fresh Broccoli                  Diced Pears                  Ranch Dressing                  Ketchup                  ALTERNATE: Chicken Caesar Wrap</p>	<p><b>BBQ Chicken Drumsticks</b> <b>16</b>                  WG Teabiscuit Baked Beans                  Zucchini Coins, Ranch                  Strawberry Cup                  ALTERNATE: Pizza or Turkey Club Sub</p>
<p><b>Cheese Quesadilla</b> <b>19</b>                  Black Beans                  Salsa                  Mandarin Oranges                  ALTERNATE: Chicken Cheddar Wrap</p>	<p><b>Mushroom Swiss Burger</b> <b>22</b>                  WG Hamburger Bun                  Celery, Ranch Dressing, Mushrooms                  Fresh Banana                  Ketchup                  ALTERNATE: Turkey &amp; Spinach Sandwich</p>	<p><b>Cheese Enchilada</b> <b>21</b>                  Spanish Rice                  Fresh Carrots, Ranch Dressing                  Applesauce Cup                  ALTERNATE: Southwest Chicken Wrap</p>	<p><b>Beef Sloppy Joe</b> <b>22</b>                  WG Hamburger Bun                  Corn                  Fresh Apple                  ALTERNATE: Turkey &amp; Cheese Ciabatta</p>	<p><b>Buffalo Chicken Sandwich</b> <b>23</b>                  WG Hamburger Bun                  Garden Salad                  Fresh Carrots, Ranch                  Strawberry Banana Applesauce Cup                  ALTERNATE: Pizza or Turkey &amp; Cheese Sandwich</p>
<p><b>Macaroni &amp; Cheese</b> <b>26</b>                  Fresh Carrots                  Ranch Dressing                  Fresh Apple                  ALTERNATE: Turkey Club Sub</p>	<p><b>Meatball Hoagie w/ Marinara</b> <b>27</b>                  WG 5" Hoagie Bun                  Italian Style Vegetables                  Fresh Banana                  ALTERNATE: Chicken Cheddar Wrap</p>	<p><b>Toriyaki Chicken Sandwich</b> <b>28</b>                  WG Hamburger Bun                  Fresh Broccoli                  Strawberry Cup                  Ranch Dressing                  ALTERNATE: Turkey &amp; Spinach Sandwich</p>	<p><b>Roast Turkey &amp; Gravy</b> <b>29</b>                  WG Teabiscuit                  Mashed Potatoes                  Fresh Zucchini                  Diced Pears                  ALTERNATE: Southwest Chicken Wrap</p>	<p><b>Swiss Patty Burger</b> <b>30</b>                  WG Hamburger Bun                  Baked Beans                  Fresh Orange                  ALTERNATE: Pizza or Turkey &amp; Cheese Ciabatta</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."