

K-8 FEBRUARY LENT LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Turkey Burger 1 WG Hamburger Bun Mozzarella Cheese, Corn Strawberry Applesauce ALTERNATE: Southwest Chicken Wrap	Pancakes and Turkey Sausage 2 Fresh Carrots, Ranch Dressing Cucumber Coins Fresh Banana, Syrup ALTERNATE: Turkey & Cheese Ciabatta	BBQ Chicken Drumsticks 3 Vegetable Brown Rice Carrots, Zucchini Coins Strawberry Cup, Ranch ALTERNATE: Turkey & Cheese Sandwich	Chicken Gyro 4 WG 8" Tortilla Fresh Broccoli Fresh Orange Sour Cream, Ranch ALTERNATE: Chicken Caesar	Cheeseburger 5 WG Hamburger Bun Baked Beans Fresh Apple Ketchup ALTERNATE: Pizza or Turkey Club Sub
Chicken Nachos 8 Black Bean Salsa Cheese Sauce Shredded Lettuce Tortilla Chips Mixed Fruit Cup ALTERNATE: Chicken Cheddar Wrap	Italian Meat Sauce 9 WG Penne Pasta Fresh Carrots, Ranch Dressing Fresh Banana ALTERNATE: Turkey & Spinach Sandwich	Turkey Bacon Chicken Sandwich 10 WG Hamburger Bun Green Beans Applesauce Cup, Mayo ALTERNATE: Southwest Chicken Wrap	Beef Sloppy Joe 11 WG Hamburger Bun Corn Fresh Apple ALTERNATE: Turkey & Cheese Ciabatta	Buffalo Chicken Sandwich 12 WG Hamburger Bun Garden Salad, Ranch Dressing Fresh Carrots Strawberry/Banana Applesauce ALTERNATE: Pizza or Turkey & Cheese Sandwich
Macaroni & Cheese 15 Fresh Carrots Ranch Dressing Fresh Apple ALTERNATE: Turkey Club Sub	Meatball Hoagie w/ Marinara 16 WG 5" Hoagie Bun Mixed Vegetables Fresh Banana ALTERNATE: Chicken Cheddar Wrap	Fish Sandwich 17 WG Hamburger Bun Mashed Potatoes Zucchini Coins Craisins ALTERNATE: Turkey & Spinach Sandwich	Teriyaki Chicken 18 WG Hamburger Bun Fresh Broccoli Strawberry Cup Ranch PC ALTERNATE: Southwest Chicken Wrap	Bosco Sticks 6" 19 Marinara Black Bean Salsa Fresh Orange ALTERNATE: Pizza or Turkey & Cheese Ciabatta
Salsa Turkey Burger 22 WG Hamburger Bun Cheddar Cheese Ranch Dressing Fresh Apple ALTERNATE: Turkey & Cheese Sandwich	Chicken Fajita 23 WG Tortilla Corn Fresh Banana ALTERNATE: Chicken Caesar Wrap	Sweet & Sour Chicken 24 Fried vegetable Rice Fresh Broccoli Sweet & Sour Sauce Mixed Fruit cup ALTERNATE: Turkey Club Sub	Soft Shell Taco 25 Refried Beans, Shredded Lettuce, Cheddar Cheese WG Tortilla, Diced Tomato Strawberry/Banana Applesauce ALTERNATE: Chicken Cheddar Wrap	Cheese Lasagna Roll 26 Marinara Fresh Broccoli, Cucumber Coins Peach Cup, Ranch ALTERNATE: Pizza or Turkey & Spinach Sandwich

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."

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.