

K-8 JANUARY LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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				CLOSED
<p>Pizza Turkey Burger 4 WG Hamburger Bun Mozzarella Cheese, Corn Strawberry Applesauce</p> <p><i>ALTERNATE: Southwest Chicken Wrap</i></p>	<p>Pancakes and Turkey Sausage 5 Fresh Carrots, Ranch Dressing Cucumber Coins Fresh Banana, Syrup</p> <p><i>ALTERNATE: Turkey & Cheese Ciabatta</i></p>	<p>BBQ Chicken Drumsticks 6 Vegetable Brown-Rice Carrots, Fresh Zucchini-Coins Strawberry-Cup Ranch</p> <p><i>ALTERNATE: Turkey & Cheese Sandwich</i></p>	<p>Chicken Gyro 7 WG 8" Tortilla Fresh Broccoli Fresh Orange Sour Cream, Ranch</p> <p><i>ALTERNATE: Chicken Caesar Wrap</i></p>	<p>Cheeseburger 8 WG Hamburger Bun Baked Beans Fresh Apple Ketchup</p> <p><i>ALTERNATE: Pizza or Turkey Club Sub</i></p>
<p>Chicken Nachos 11 Black Bean Salsa Cheese Sauce Shredded Lettuce Tortilla Chips Mixed Fruit Cup</p> <p><i>ALTERNATE: Chicken Cheddar Wrap</i></p>	<p>Italian Meat Sauce 12 WG Penne Pasta Fresh Carrots, Ranch Dressing Fresh Banana</p> <p><i>ALTERNATE: Turkey & Spinach Sandwich</i></p>	<p>Turkey Bacon Chicken Sandwich 13 WG Hamburger Bun Green Beans Applesauce-Cup, Mayo</p> <p><i>ALTERNATE: Southwest Chicken Wrap</i></p>	<p>Beef Sloppy Joe 14 WG Hamburger Bun Corn Fresh Apple</p> <p><i>ALTERNATE: Turkey & Cheese Ciabatta</i></p>	<p>Buffalo Chicken Sandwich 15 WG Hamburger Bun Garden Salad, Ranch Dressing Fresh Carrots Strawberry / Banana Applesauce-Cup</p> <p><i>ALTERNATE: Pizza or Turkey & Cheese Sandwich</i></p>
<p>Macaroni & Cheese 18 Fresh Carrots Ranch Dressing Fresh Apple</p> <p><i>ALTERNATE: Turkey Club Sub</i></p>	<p>Meatball Hoagie W/ Marinara 19 WG 5" Hoagie Bun Italian Style Vegetables Shredded Mozzarella Fresh Banana</p> <p><i>ALTERNATE: Chicken Cheddar Wrap</i></p>	<p>Roast Turkey w/ Gravy 20 WG Tea Biscuit Mashed Potatoes Zucchini-Coins Craisins</p> <p><i>ALTERNATE: Turkey & Spinach Sandwich</i></p>	<p>Teriyaki Chicken 21 WG Hamburger Bun Fresh Broccoli Strawberry Cup Ranch</p> <p><i>ALTERNATE: Southwest Chicken Wrap</i></p>	<p>Bosco Sticks 6" 22 Marinara Black Bean Salsa Fresh Orange</p> <p><i>ALTERNATE: Pizza or Turkey & Cheese Ciabatta</i></p>
<p>Salsa Turkey Burger 25 WG Hamburger Bun, Cheddar Fresh Carrots, Ranch Dressing Fresh Apple</p> <p><i>ALTERNATE: Turkey & Cheese Sandwich</i></p>	<p>Chicken Fajita 26 WG Tortilla Corn Fresh Banana</p> <p><i>ALTERNATE: Chicken Caesar Wrap</i></p>	<p>Sweet & Sour Chicken 27 Fried Vegetable Brown-Rice Fresh Broccoli Sweet & Sour Sauce Mixed-Fruit Cup</p> <p><i>ALTERNATE: Turkey Club Sub</i></p>	<p>Soft Shell Taco 28 Refried Beans, Shredded Lettuce, Cheddar WG Tortillas, Diced Tomato Strawberry Banana Applesauce</p> <p><i>ALTERNATE: Chicken Cheddar Wrap</i></p>	<p>BBQ Chicken Hoagie 29 WG 5" Hoagie Bun Fresh Broccoli, Cucumber-Coins Peach-Cup Ranch</p> <p><i>ALTERNATE: Pizza or Turkey & Spinach Sandwich</i></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."

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.