

# K-8 MARCH LENT LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Pizza Turkey Burger</b> <b>1</b> WG Hamburger Bun Mozzarella Cheese, Corn Strawberry Applesauce  <b>ALTERNATE:</b> Southwest Chicken Wrap</p>	<p><b>Breaded Chicken Patty</b> <b>2</b> WG Waffle Fresh Broccoli, Ranch Dressing Garden Salad Fresh, Syrup Banana <b>ALTERNATE:</b> Turkey &amp; Cheese Ciabatta</p>	<p><b>BBQ Chicken Drumsticks</b> <b>3</b> <del>Vegetable Brown Rice</del> <del>Carrots</del> <del>Strawberry Cup, Ranch</del> <b>ALTERNATE:</b> Turkey &amp; Cheese Sandwich</p>	<p><b>Chicken Gyro</b> <b>4</b> WG 8" Tortilla Fresh Broccoli Fresh Orange Sour Cream, Ranch <b>ALTERNATE:</b> Chicken Caesar</p>	<p><b>Fish Sandwich</b> <b>5</b> <del>WG Hamburger Bun</del> <del>Baked Beans</del> <del>Fresh Apple</del> <del>Slice Cheese, Tartar Sauce</del> <b>ALTERNATE:</b> Pizza or Turkey Club Sub</p>
<p><b>Chicken Nachos</b> <b>8</b> Black Bean Salsa Cheese Sauce Shredded Lettuce Tortilla Chips Mixed Fruit Cup <b>ALTERNATE:</b> Chicken Cheddar Wrap</p>	<p><b>Italian Meat Sauce</b> <b>9</b> WG Penne Pasta Fresh Carrots, Ranch Dressing Fresh Banana <b>ALTERNATE:</b> Turkey &amp; Spinach Sandwich</p>	<p><b>Breaded Chicken Sandwich</b> <b>10</b> <del>WG Hamburger Bun</del> <del>Green Beans</del> <del>Applesauce Cup, Mayo</del> <b>ALTERNATE:</b> Southwest Chicken Wrap</p>	<p><b>Beef Sloppy Joe</b> <b>11</b> WG Hamburger Bun Corn Fresh Apple <b>ALTERNATE:</b> Turkey &amp; Cheese Ciabatta</p>	<p><b>Garlic Cheese Bread</b> <b>12</b> Marinara Garden Salad, Ranch Dressing Fresh Carrots Strawberry/Banana Applesauce <b>ALTERNATE:</b> Pizza or Turkey &amp; Cheese Sandwich</p>
<p><b>Macaroni &amp; Cheese</b> <b>15</b> Fresh Carrots Ranch Dressing Fresh Apple <b>ALTERNATE:</b> Turkey Club Sub</p>	<p><b>Meatball Hoagie w/ Marinara</b> <b>16</b> WG 5" Hoagie Bun Mixed Vegetables Fresh Banana <b>ALTERNATE:</b> Chicken Cheddar Wrap</p>	<p><b>Roast Turkey w/ Gravy</b> <b>17</b> <del>WG Tea Biscuit</del> <del>Mashed Potatoes</del> <del>Zucchini Coins</del> <del>Craisins</del> <b>ALTERNATE:</b> Turkey &amp; Spinach Sandwich</p>	<p><b>Teriyaki Chicken</b> <b>18</b> WG Hamburger Bun Fresh Broccoli Strawberry Cup Ranch PC <b>ALTERNATE:</b> Southwest Chicken Wrap</p>	<p><b>Bosco Sticks 6"</b> <b>19</b> Marinara Black Bean Salsa Fresh Orange <b>ALTERNATE:</b> Pizza or Turkey &amp; Cheese Ciabatta</p>
<p><b>Salsa Turkey Burger</b> <b>22</b> WG Hamburger Bun Cheddar Cheese Ranch Dressing Fresh Apple <b>ALTERNATE:</b> Turkey &amp; Cheese Sandwich</p>	<p><b>Chicken Fajita</b> <b>23</b> WG Tortilla Corn Fresh Banana <b>ALTERNATE:</b> Chicken Caesar Wrap</p>	<p><b>Sweet &amp; Sour Chicken</b> <b>24</b> <del>Fried vegetable Rice</del> <del>Fresh Broccoli</del> <del>Sweet &amp; Sour Sauce</del> <del>Mixed Fruit cup</del> <b>ALTERNATE:</b> Turkey Club Sub</p>	<p><b>Taco in a Bag</b> <b>25</b> Refried Beans, Shredded Lettuce, Cheddar Cheese Doritos, Diced Tomato Strawberry/Banana Applesauce, UBR Round <b>ALTERNATE:</b> Chicken Cheddar Wrap</p>	<p><b>Cheese Lasagna Rolls</b> <b>26</b> Marinara Fresh Broccoli, Cucumber Coins Peach Cup, Ranch <b>ALTERNATE:</b> Pizza or Turkey &amp; Spinach Sandwich</p>
<p><b>Pizza Turkey Burger</b> <b>29</b> WG Hamburger Bun Mozzarella Cheese, Corn Strawberry Applesauce Cup <b>ALTERNATE:</b> Southwest Chicken Wrap</p>	<p><b>Breaded Chicken Patty Sandwich</b> <b>30</b> WG Hamburger Bun, Fresh Broccoli, Ranch Dressing Garden Salad Fresh Banana <b>ALTERNATE:</b> Turkey &amp; Cheese Ciabatta</p>	<p><b>BBQ Chicken Drumsticks</b> <b>31</b> <del>Vegetable Brown Rice</del> <del>Carrots</del> <del>Strawberry Cup, Ranch</del> <b>ALTERNATE:</b> Turkey &amp; Cheese Sandwich</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.