

K-8 MAY LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Nachos

3

Black Bean Salsa
Shredded Cheddar
Shredded Lettuce
Tortilla Chips
Mixed Fruit Cup

ALTERNATE: Chicken Cheddar Wrap

Italian Meat Sauce

4

WG Penne
Fresh Carrots, Ranch Dressing
Fresh Banana

ALTERNATE: Turkey & Spinach Sandwich

Breaded Chicken Sandwich

5

WG Hamburger Bun Green
Beans, Applesauce Cup, Mayo

ALTERNATE: Southwest Chicken Wrap

Beef Sloppy Joe

6

WG Hamburger Bun
Corn
Fresh Apple

ALTERNATE: Turkey & Cheese Ciabatta

Buffalo Chicken Sandwich

7

WG Hamburger Bun, Garden Salad,
Fresh Carrots Strawberry Applesauce
Cup, Ranch

ALTERNATE: Turkey & Cheese Sandwich

Macaroni & Cheese

10

Fresh Carrots
Fresh Apple

ALTERNATE: Turkey Club Sub

Meatball Hoagie W/ Marinara

11

WG Hoagie Bun, Mixed
Vegetables, Fresh Banana

ALTERNATE: Chicken Cheddar Wrap

Roast Turkey & Gravy

12

WG Tea Biscuit
Mashed Potatoes, Fresh Zucchini
Craisins

ALTERNATE: Turkey & Spinach Sandwich

Teriyaki Chicken

13

WG Hamburger Bun, Fresh Broccoli
Strawberry Cup
Ranch PC

ALTERNATE: Southwest Chicken Wrap

Bosco Sticks 6"

14

Marinara, Black Bean Salsa Fresh
Orange

ALTERNATE: Turkey & Cheese Ciabatta

Salsa Turkey Burger

17

WG Hamburger Bun
Cheddar Cheese
Ranch Dressing
Fresh Apple

ALTERNATE: Turkey & Cheese Sandwich

Chicken Fajita

18

WG Tortilla
Corn
Fresh Banana

ALTERNATE: Chicken Cheddar Wrap

Sweet & Sour Chicken

19

Fried Vegetable Rice
Fresh Broccoli
Sweet & Sour
Mixed Fruit Cup

ALTERNATE: Turkey Club Sub

Taco in a Bag

20

Refried Beans, Shredded
Lettuce, Cheddar Cheese, Diced
Tomatoes, Doritos
UBR Round
Strawberry Applesauce

ALTERNATE: Chicken Cheddar Wrap

BBQ Chicken Hoagie

21

WG 6" Hoagie Bun Cucumber Coins
Fresh Broccoli Peach Cup Ranch

ALTERNATE: Turkey & Spinach Sandwich

Pizza Turkey Burger

24

WG Hamburger Bun
Mozzarella Cheese
Corn
Applesauce Cup

ALTERNATE: Southwest Chicken Wrap

Breaded Chicken Sandwich

25

WG Hamburger Bun
Broccoli, Garden Salad
Ranch Dressing
Fresh Banana

ALTERNATE: Turkey & Cheese Ciabatta

BBQ Chicken Drummy

26

Fried Vegetable Rice Fresh Carrots,
Strawberry Cup, Ranch PC

ALTERNATE: Turkey & Cheese Sandwich

Chicken Gyro Meat

27

WG 8" Tortilla
Fresh Broccoli
Fresh Orange
Sour Cream & Ranch

ALTERNATE: Chicken Caesar Wrap

Beef Patty (2.5oz)

28

WG Hamburger Bun
American Cheese
Baked Beans, Ketchup
Fresh Apple

ALTERNATE: Turkey Club Sub

Memorial Day Closed

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.