

Menu Subject to Change				
6-12 JANUARY LUNCH MENU				
2017-2018				
Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
<p>HAPPY NEW YEAR! 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 dining.lancerhospitality.com for more information.</p>	<p>Chicken Tacos Whole Grain Tortilla Chipotle Style Beans Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Chicken Caesar Wrap Vegetarian: Hard Boiled Egg</p>	<p>Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Tater Tots & Ketchup Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Turkey Club Sub Vegetarian: Hummus & Cheese</p>	<p>Turkey Cheeseburger Hamburger Bun Roasted Red Potatoes Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Southwest Chicken Wrap Vegetarian: Garden Burger</p>	<p>Pizza Man Cheese Pizza (1 Slice) Salad Bar Fruit Milk</p>
8th	9th	10th	11th	12th
<p>Beef Hot Dog on a Bun Vegetarian Baked Beans Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Italian Cold Cut Combo Vegetarian: Hummus & Cheese</p>	<p>Chicken & Gravy Creamy Mashed Potato Giant Graham Cracker Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Chicken Cheddar Wrap Vegetarian: Garden Burger & Gravy</p>	<p>BBQ Chicken Slider Mac & Cheese Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Roast Turkey & Cheese Vegetarian: Mac & Cheese</p>	<p>Cheese Stuffed Breadsticks Marinara Dipping Sauce Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Turkey Club Sub Vegetarian: None</p>	<p>Pizza Man Cheese Pizza (1 Slice) Salad Bar Fruit Milk</p>
15th	16th	17th	18th	19th
<p>NO SCHOOL</p>	<p>BBQ Beef Meatballs Potato Wedges & Ketchup Cornbread Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Chicken Cheddar Wrap Vegetarian: Cheese Omelet</p>	<p>Creamy Chicken Alfredo Penne Pasta WG French Bread & Butter Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Roast Turkey & Cheese Vegetarian: Cheesy Alfredo</p>	<p>Beef Tacos Whole Grain Tortilla Refried Beans Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Turkey Club Sub Vegetarian: Refried Bean Taco</p>	<p>Pizza Man Cheese Pizza (1 Slice) Salad Bar Fruit Milk</p>
22nd	23rd	24th	25th	26th
<p>Chicken Strips BBQ Dipping Sauce Green Beans Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Spiced Turkey & Cheese Sub Vegetarian: Egg Patty & Cheese</p>	<p>Cheeseburger Hamburger Bun Vegetarian Baked Beans Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Chicken Caesar Wrap Vegetarian: Hummus & Cheese</p>	<p>Chicken Drumstick Loaded Mashed Potatoes Whole Grain Bread, Butter Whole Grain Cookie Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Turkey Club Sub Vegetarian: Garden Burger</p>	<p>Popcorn Orange Chicken Vegetable Brown Fried Rice Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Southwest Chicken Wrap Vegetarian: Baked Tofu</p>	<p>Pizza Man Cheese Pizza (1 Slice) Salad Bar Fruit Milk</p>
29th	30th	31st	Feb 1st	2nd
<p>Crispy Chicken on a Bun Steamed Corn Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Italian Cold Cut Combo Vegetarian: Garden Burger</p>	<p>Mini Turkey Corn Dogs Vegetarian Baked Beans Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Chicken Cheddar Wrap Vegetarian: Grilled Cheese Sandwich</p>	<p>BBQ Beef Riblet Hoagie Roll Glazed Carrots Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Roast Turkey & Cheese Vegetarian: Mac & Cheese</p>	<p>Sweet & Sour Chicken Meatballs Vegetable Brown Rice Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Turkey Club Sub Vegetarian: Cheese Omelet</p>	<p>Pizza Man Cheese Pizza (1 Slice) Salad Bar Fruit Milk</p>

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.