

Menu Subject to Change				
6-12 NOVEMBER LUNCH MENU 2017-2018				
Monday	Tuesday	Wednesday	Thursday	Friday
6th	7th	8th	9th	10th
<p>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>BBQ Chicken Slider Mac & Cheese Fresh Broccoli & Carrots Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Roast Turkey and Cheese Vegetarian: Macaroni & 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>
<p>Sabino's Pizza Burger Italian Seasoned Beef on Garlic Toast Shredded Mozzarella Cheese Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Italian Cold Cut Combo Vegetarian: Garden Burger</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 with Butter Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Roast Turkey and Cheese Vegetarian: Cheesy Alfredo</p>	<p>Beef Tacos Whole Grain Tortilla Refried Beans Taco Sauce & Sour Cream</p> <p>ALTERNATES: Sandwich: Turkey Club Sub Vegetarian: Refried Bean Taco</p>	<p>Pizza Man Cheese Pizza (1 Slice) Salad Bar Fruit Milk</p>
<p>Chicken Strips Green Beans Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Spiced Turkey and Cheese Vegetarian: Egg Patty on a Biscuit</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 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>
<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 style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">HAPPY THANKSGIVING!</p>	<p style="text-align: center;">THANKSGIVING BREAK</p>
<p>French Toast & Syrup Turkey Sausage Wango Mango Veggie Juice Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Spiced Turkey and Cheese Vegetarian: French Toast & Yogurt</p>	<p>Chicken Tacos Whole Grain Tortilla Chipotle Style Beans Taco Sauce Salad Bar / Fruit / Milk</p> <p>ALTERNATES: Sandwich: Chicken Caesar Wrap Vegetarian: Hard Boiled Egg & Tortilla</p>	<p>Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese 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>	

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