

K-8 OCTOBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Chicken Tacos 1 WW 8" Tortilla Seasoned Black Beans Shredded Cheddar Cheese Shredded Romaine Lettuce Taco Sauce PC Banana	BBQ Turkey Burger 2 WG Hamburger Bun Loaded Mashed Potatoes Baby Carrots Ranch PC Fresh Cut Melon	Beef Hot Dog 3 WG Hot Dog Bun Sweet Potato Cubes Broccoli Florets Apple	Italian Meatsauce (Beef) 4 WG Penne Pasta Shredded Romaine Salad Jicama Sticks, Ranch Dressing Orange
WG French Toast 7 Turkey Sausage Syrup PC Ranch PC Carrots, Celery Stick Diced Pears (Canned)	Beef Tacos 8 WW 8" Tortilla Refried Beans Shredded Cheddar Cheese Shredded Romaine Lettuce Banana	Popcorn Orange Chicken 9 Fried Brown Rice Zucchini, Broccoli Florets Ranch PC Orange Sauce Tropical Fruit	BBQ Chicken Drumstick 10 Potato Cubes WG Teabiscuit Grape Tomatoes Ketchup PC Apple	PIZZA 11 Tossed Spinach French Dressing Carrots Applesauce Cup
Turkey Cheeseburger 14 WG Hamburger Bun American Cheese Slice Vegetarian Baked Beans Carrot Sticks Apple	BBQ Chicken Meatballs 15 WG Teabiscuit Broccoli Florets Ranch PC Banana	Beef Chili Cheese Fries 16 Shredded Cheddar Cheese Potato Wedges Pea Pods WG Cookie Pears (Canned)	NO SCHOOL 17	NO SCHOOL 18
Chicken Strips 21 BBQ Dipping Sauce Vegetarian Baked Beans Carrot Sticks Ranch PC Apple	Beef Hot Dog 22 WG Hot Dog Bun Corn Cucumber Coins Banana	Chicken Alfredo 23 WG Penne Pasta Chopped Romaine Salad French Dressing Celery Sticks Applesauce Cup	Beef Meatballs in Marinara Sauce 24 WG Hot Dog Bun Shredded Mozzarella Cheese Glazed Carrots Zucchini Pineapple (Canned)	Pizza 25 Broccoli Florets Ranch PC Diced Pears (Canned)
NO SCHOOL 28	Beef Nachos 29 Cheese Sauce WG Corn Chips Salsa Shredded Romaine Lettuce Ranch PC Banana	Chicken Drumstick 30 Vegetable Brown Rice Zucchini Chopped Romaine Salad French Dressing Diced Pears (Canned)	Cheeseburger 31 WG Hamburger Bun American Cheese Slice Potato Wedges Broccoli Florets, Ranch PC Ketchup PC Mandarin Oranges	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.

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."

Drivers, servers, and foodservice workers wanted for upcoming school year 2019-2020.
 Call Terry for more information at 651-443-1982 or email: tmellum@lancercatering.com.