

K-8 NOVEMBER LUNCH MENU

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.



CAULIFLOWER

Cauliflower is a member of the cabbage family and is actually a flower that has not fully developed. Cauliflower contains impressive amounts of Vitamin C, Vitamin K and Fiber for good health. Look for purple, green and orange varieties along with classic white cauliflower at your local farmer's market!

Chicken Flatbread Gyro **4**

WG Flatbread
Cucumber
Diced Tomatoes
Sour Cream PC
Diced Pears (Canned)

WG French Toast **11**

Syrup PC
Turkey Sausage
Carrots, Celery Stick
Ranch PC
Diced Pears (Canned)

Turkey Cheeseburger **18**

WG Hamburger Bun
American Cheese Slice
Vegetarian Baked Beans
Carrot Sticks
Apple

Chicken Strips **25**

BBQ Dipping Sauce
Vegetarian Baked Beans
Carrot Sticks
Ranch PC
Apple

Chicken Tacos **5**

WW 8" Tortilla
Seasoned Black Beans
Shredded Cheddar Cheese
Shredded Romaine Lettuce
Taco Sauce PC
Banana

Beef Tacos **12**

WW 8" Tortilla
Refried Beans
Shredded Cheddar Cheese
Shredded Romaine Lettuce

BBQ Chicken Meatballs **19**

Loaded Mashed Potatoes
WG Teabiscuit
Broccoli Florets
Ranch PC
Banana

Beef Hot Dog **26**

WG Hot Dog Bun
Corn
Cucumber Coins
Banana

BBQ Turkey Burger **6**

WG Hamburger Bun
Loaded Mashed Potatoes
Baby Carrots
Ranch PC
Fresh Cut Melon

Popcorn Orange Chicken **13**

Orange Sauce
Fried Brown Rice
Zucchini, Broccoli Florets
Ranch PC
Tropical Fruit

Beef Chili Cheese Fries **20**

Shredded Cheddar Cheese
Potato Wedges
Pea Pods
WG Cookie
Pears (Canned)

27

NO SCHOOL

Beef Hot Dog **7**

WG Hot Dog Bun
Sweet Potato Cubes
Broccoli Florets
Apple

BBQ Chicken Drumstick **14**

Potato Cubes
Ketchup PC
WG Teabiscuit
Grape Tomatoes
Apple

Cheese Stuffed Breadstick 6" **21**

Marinara Dipping Sauce
Green Beans
Sliced Iceberg & Romaine
Italian Dressing PC
Diced Peaches(Canned)

28

NO SCHOOL

Garlic Cheese Pizza Bread **1**

Marinara Dipping Sauce
Shredded Romaine
Italian Dressing
Celery Sticks
Apple

Italian Meatsauce (Beef) **8**

WG Penne Pasta
Shredded Romaine Salad
Ranch Dressing
Jicama Sticks
Orange

Italian Seasoned Beef **15**

WG Garlic Toast Round
Shredded Mozzarella Cheese
Tossed Spinach, French Dressing
Carrots
Applesauce Cup

Walking Taco Beef **22**

WG Taco in a Bag Chips
Shredded Cheddar Cheese
Diced Tomatoes
Shredded Romaine
Applesauce, Cup, Giant Graham

29

NO SCHOOL

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."