

Child's Name \_\_\_\_\_

First \_\_\_\_\_

Last \_\_\_\_\_

Grade \_\_\_\_\_

DUE WEDNESDAY, OCTOBER 24

# NOVEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

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](http://dining.lancerhospitality.com) for more information.

<b>French Toast</b> <b>5</b> Turkey Sausage Syrup Celery Sticks Calypso Crush Veggie Juice Chilled Tropical Fruit
<b>Meatball Hoagie</b> <b>12</b> Meatballs in Marinara Sauce Hoagie Roll, Shredded Mozzarella Cheese Tri Taters & Ketchup Fresh Zucchini & Ranch Dressing Chilled Pears
<b>Cheeseburger</b> <b>19</b> Hamburger Bun Vegetarian Baked Beans Ketchup Fresh Carrots, Ranch Dressing Fresh Apple
<b>NO SCHOOL</b> <b>26</b> <b>PROFESSIONAL DEVELOPMENT DAY FOR TEACHERS</b>

**FRESH FAVORITE**



**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!

<b>Beef Hot Dog</b> <b>6</b> WG Hot Dog Bun Ketchup Vegetarian Baked Beans Cauliflower Florets, Ranch Dressing Fresh Banana
<b>Chicken Tacos</b> <b>13</b> WG Tortilla, Taco Sauce Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple
<b>BBQ Beef Riblet</b> <b>20</b> Glazed Carrots Hoagie Roll Fresh Broccoli, Ranch Dressing Fresh Banana
<b>BBQ Chicken Slider</b> <b>27</b> Mac & Cheese WG Hamburger Bun Jicama, Zucchini Coins Ranch Dressing Fresh Banana

<b>Chicken Drumstick</b> <b>7</b> Loaded Mashed Potatoes Kale/Romaine Salad, Italian Dressing Whole Grain Cookie Fresh Strawberries <b>ALTERNATE: Chicken Cheddar Wrap</b>
<b>Chicken Ala King</b> <b>14</b> WG Tea Biscuit Fresh Broccoli Ranch Dressing Fresh Melon
<b>NO SCHOOL</b> <b>21</b>
<b>Beef Nachos</b> <b>28</b> Cheese Sauce Salsa Corn Tortilla Chips Broccoli Chilled Pineapple

<b>BBQ Chicken Meatballs</b> <b>1</b> Potato Wedges Ketchup Cornbread Grape Tomatoes Applesauce <b>ALTERNATE: Chicken Caesar Wrap</b>
<b>Turkey Cheeseburger</b> <b>8</b> Hamburger Bun, Ketchup Roasted Red Potatoes Shredded Lettuce Fresh Carrots Fresh Grapes
<b>Chicken Patty</b> <b>15</b> WG Hamburger Bun Green Beans Fresh Carrots, Ranch Dressing Mayo Packet Fresh Grapes
<b>HAPPY THANKSGIVING</b> <b>22</b>
<b>Cheese Stuffed Breadsticks</b> <b>29</b> Marinara Dipping Sauce Vegetable Blend Fresh Melon

<b>Garlic Cheese Pizza Bread</b> <b>2</b> Marinara Sauce Tossed Spinach, French Dressing Sliced Zucchini Fresh Orange <b>ALTERNATE: Pizza or Turkey &amp; Swiss Ciabatta</b>
<b>Pizza Hut Cheese Pizza</b> <b>9</b> Fresh Broccoli, Ranch Dressing Fresh Apple
<b>Italian Seasoned Beef</b> <b>16</b> WG Garlic Toast, Mozzarella Cheese Grape Tomatoes Romaine & Iceberg Blend, Ranch Dressing Fresh Orange
<b>NO SCHOOL</b> <b>23</b>
<b>Italian Meatsauce</b> <b>30</b> WG Penne Pasta Fresh Pea Pods Carrot Sticks, Ranch Dressing Fresh Grapes

My child will take hot lunch EVERY day this month

My child will NOT TAKE any hot lunches this month.

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."