

Child's Name

First _____
Last _____
Grade _____

OCTOBER 2020

Please Return by Friday, September 25th

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 for more information.

Roast Turkey & Gravy 1
WG Teabiscuit
Mashed Potatoes
Fresh Zucchini
Diced Pears

Swiss Patty Burger 2
WG Hamburger Bun
Baked Beans
Fresh Orange

Salsa Turkey Burger 5
WG Hamburger Bun
Fresh Carrots
Fresh Apple
Ranch PC

Chicken Fajita 6
WG Tortilla
Corn
Fresh Banana

Sweet & Sour Chicken 7
Fried Vegetable Brown Rice
Fresh Broccoli
Sweet & Sour Sauce
Diced Pears

Walking Taco 8
Refried Beans
Strawberry Banana Applesauce

Pizza Hut Cheese Pizza 9
Fresh Broccoli with Ranch
Cucumber Coins
Peach Cup

Greek Turkey Burger 12
WG Hamburger Bun
Corn
Strawberry Applesauce

Chicken & Waffle Sandwich 13
Fresh Carrots with Ranch
Cucumber Coins
Fresh Banana

Cheeseburger 14
WG Hamburger Bun
Potato Wedges
Fresh Apple
Ketchup

No School 15

No School 16

Cheese Quesadilla 19
Black Beans
Salsa
Mandarin Oranges

Mushroom Swiss Burger 20
WG Hamburger Bun
Celery, Ranch Dressing,
Mushrooms
Fresh Banana
Ketchup

Cheese Enchilada 21
Spanish Rice
Fresh Carrots with Ranch
Applesauce Cup

Beef Sloppy Joe 22
WG Hamburger Bun
Corn
Fresh Apple

Pizza Hut Cheese Pizza 23
Garden Salad
Fresh Carrots with Ranch
Strawberry Banana
Applesauce Cup

Macaroni & Cheese 26
Fresh Carrots with Ranch
Fresh Apple

Meatball Hoagie w/ Marinara 27
WG 5" Hoagie Bun
Fresh Italian Style Vegetables
Banana

Teriyaki Chicken Sandwich 28
WG Hamburger Bun
Fresh Broccoli
Strawberry Cup
Ranch Dressing

Roast Turkey & Gravy 29
WG Teabiscuit
Mashed Potatoes
Fresh Zucchini
Diced Pears

Swiss Patty Burger 30
WG Hamburger Bun
Baked Beans
Fresh Orange

My child **WILL** take a hot lunch **EVERY DAY** this month
 My child **WILL NOT TAKE** hot lunch this month



MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE CHOCOLATE.
ALL BREADS SERVED ARE WHOLE GRAIN.
"This institution is an equal opportunity provider"