

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>4-Nov</b>	<b>5-Nov</b>
<b>Mac &amp; Cheese</b> WG Teabiscuit Mixed Vegetables Applesauce Cup  <b>VEGETARIAN: NONE</b>	<b>BBQ Drumstick w/ Veg. Brown Rice</b> WG Teabiscuit Fresh Carrots Fresh Banana  <b>VEGETARIAN: Tofu w/ Sweet &amp; Sour</b>	<b>Turkey w/Gravy</b> WG Teabiscuit Mashed Potatoes  Fresh Celery Peach Cup  <b>VEGETARIAN: Gardenburger w/ Veg Gravy</b>	<b>PARENT/TEACHER CONFERENCES NO SCHOOL</b>	<b>PARENT/TEACHER CONFERENCES NO SCHOOL</b>
<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>	<b>12-Nov</b>
<b>Beef Hot Dog on WG Hot Dog Bun</b> Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC  <b>VEGETARIAN: Cheesebread w/ Marinara</b>	<b>Chicken Parmesan Sandwich</b> WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana  <b>VEGETARIAN: Gardenburger</b>	<b>Sweet &amp; Sour Chicken</b> Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet & Sour  <b>VEGETARIAN: Cheese Enchilada</b>	<b>BBQ Chicken Sandwich</b> Corn Fresh Orange  <b>VEGETARIAN: Lasagna Roll</b>	<b>Bosco Sticks 6" w/ Marinara</b> Fresh Carrots Fresh Apple  <b>VEGETARIAN: NONE</b>
<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>	<b>19-Nov</b>
<b>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese</b> Fresh Carrots Applesauce Cup  <b>VEGETARIAN: Tofu w/ Marinara</b>	<b>Breaded Chicken Patty Sandwich on WG Bun</b> American Cheese Shredded Lettuce Cuke Coins - Mayo PC Fresh Apple  <b>VEGETARIAN: Garden Burger</b>	<b>Sloppy Joe on WG Bun</b> Corn Peach Cup  <b>VEGETARIAN: Veggie Sloppy Joe</b>	<b>Chicken Tenders</b> WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC  <b>VEGETARIAN: Cheese Enchilada</b>	<b>Chicken Nachos</b> WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Broccoli Mixed fruit Cup  <b>VEGETARIAN: Vegetarian Taco Meat</b>
<b>22-Nov</b>	<b>23-Nov</b>	<b>24-Nov</b>	<b>25-Nov</b>	<b>26-Nov</b>
<b>Pizza Chicken Burger on WG Bun</b> Corn Noiblets Fresh Apple  <b>VEGETARIAN: Gardenburger</b>	<b>French Toast &amp; Turkey Sausage</b> Fresh Carrots Fresh Cuke Coins Strawberry Cup  <b>VEGETARIAN: Omelette replaces Sausage</b>	<b>Beef Cheeseburger on WG Bun</b> Veg Baked Beans Applesauce Cup Ketchup PC  <b>VEGETARIAN: Gardenburger</b>	<b>THANKSGIVING BREAK NO SCHOOL</b>	<b>THANKSGIVING BREAK NO SCHOOL</b>
<b>29-Nov</b>	<b>30-Nov</b>			
<b>Mac &amp; Cheese</b> WG Teabiscuit Mixed Vegetables Applesauce Cup  <b>VEGETARIAN: NONE</b>	<b>BBQ Drumstick w/ Veg. Brown Rice</b> WG Teabiscuit Fresh Carrots Fresh Banana  <b>VEGETARIAN: Tofu w/ Sweet &amp; Sour</b>			Lancer Dining Services does not use peanuts, pork, 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.

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