

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1-Mar</b>	<b>2-Mar</b>	<b>3-Mar</b>	<b>4-Mar</b>
<p>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.</p>	<p><b>Chicken Parmesan Sandwich</b> WG Hamburger Bun Marinara Sauce/Shredded Mozzarella Green Beans Fresh Banana</p> <p><b>VEGETARIAN:</b> Gardenburger</p>	<p><b>Sweet &amp; Sour Chicken</b> Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet &amp; Sour</p> <p><b>VEGETARIAN:</b> Cheese Enchilada</p>	<p><b>BBQ Chicken Sandwich</b> Corn Fresh Orange</p> <p><b>VEGETARIAN:</b> Lasagna Roll</p>	<p><b>Bosco Sticks 6" w/ Marinara</b> Fresh Carrots Fresh Apple</p> <p><b>VEGETARIAN:</b> NONE</p>
	<b>7-Mar</b>	<b>8-Mar</b>	<b>9-Mar</b>	<b>10-Mar</b>
<p><b>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese</b> Fresh Carrots Applesauce Cup</p> <p><b>VEGETARIAN:</b> Tofu w/ Marinara</p>	<p><b>Beef Taco</b> Cheddar Cheese Shredded Lettuce Cuke Coins Fresh Apple WG Tortilla / Taco Sauce PC</p> <p><b>VEGETARIAN:</b> Veg Crumbles</p>	<p><b>Sloppy Joe on WG Bun</b> Corn Peach Cup</p> <p><b>VEGETARIAN:</b> Veggie Sloppy Joe</p>	<p><b>PROFESSIONAL DEVELOPMENT DAY</b> NO School for CHILDREN</p>	<p><b>PROFESSIONAL DEVELOPMENT DAY</b> NO School for CHILDREN</p>
<b>14-Mar</b>	<b>15-Mar</b>	<b>16-Mar</b>	<b>17-Mar</b>	<b>18-Mar</b>
<p><b>Pizza Chicken Burger on WG Bun</b> Corn Niblets Fresh Apple</p> <p><b>VEGETARIAN:</b> Gardenburger</p>	<p><b>French Toast &amp; Turkey Sausage</b> Fresh Carrots Fresh Cuke Coins Strawberry Cup</p> <p><b>VEGETARIAN:</b> Omelette replaces Sausage</p>	<p><b>Beef Cheeseburger on WG Bun</b> Veg Baked Beans Applesauce Cup Ketchup PC</p> <p><b>VEGETARIAN:</b> Gardenburger</p>	<p><b>Chicken Marinara w/ Mozzarella Cheese</b> WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange</p> <p><b>VEGETARIAN:</b> Cheesebread w/ Marinara</p>	<p><b>Sloppy Joe on WG Bun</b> Fresh Carrots Fresh Celery Sticks Fresh Apple</p> <p><b>VEGETARIAN:</b> Cheese Quesadilla</p>
<b>21-Mar</b>	<b>22-Mar</b>	<b>23-Mar</b>	<b>24-Mar</b>	<b>25-Mar</b>
<p><b>Mac &amp; Cheese</b> Mixed Vegetable Applesauce Cup WG Tea biscuit</p> <p><b>VEGETARIAN:</b> None</p>	<p><b>BBQ Drumstick w/ Veg Brown Rice</b> WG Teabiscuit Fresh Carrots Fresh Banana</p> <p><b>VEGETARIAN:</b> Tofu w/ Sweet and Sour Sauce</p>	<p><b>Beef Hot Dog</b> Hot Dog Bun Baked Beans Ketchup Applesauce Cup</p> <p><b>VEGETARIAN:</b> Garden Burger</p>	<p><b>PARENT/TEACHER CONFERENCES</b> NO School for CHILDREN</p>	<p><b>PARENT/TEACHER CONFERENCES</b> NO School for CHILDREN</p>
<b>28-Mar</b>	<b>29-Mar</b>	<b>30-Mar</b>	<b>31-Mar</b>	
<p><b>Beef Hot Dog on WG Bun</b> Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC</p> <p><b>VEGETARIAN:</b> Cheesebread w/ Marinara</p>	<p><b>Chicken Parmesan Sandwich</b> WG Hamburger Bun Marinara Sauce/Shredded Mozzarella Green Beans Fresh Banana</p> <p><b>VEGETARIAN:</b> Gardenburger</p>	<p><b>Sweet &amp; Sour Chicken</b> Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet &amp; Sour</p> <p><b>VEGETARIAN:</b> Cheese Enchilada</p>	<p><b>BBQ Chicken Sandwich</b> Corn Fresh Orange</p> <p><b>VEGETARIAN:</b> Lasagna Roll</p>	

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.