

Menu Subject to Change				
Monday	Tuesday	Wednesday	Thursday	Friday
		1-Sep	2-Sep	3-Sep
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.		TEACHER WORKSHOPS  NO SCHOOL	TEACHER WORKSHOPS  NO SCHOOL	TEACHER WORKSHOPS  NO SCHOOL
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
LABOR DAY  NO SCHOOL	ROSH HASHANA  NO SCHOOL	Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Fruit Chef's Choice  VEGETARIAN: Gardenburger w/ Veg Gravy	Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple  VEGETARIAN: Vegetarian Taco Meat	Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Orange  VEGETARIAN: Teriyaki Tofu
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC  VEGETARIAN: Cheesebread w/ Marinara	Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana  VEGETARIAN: Gardenburger	Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fruit Chef's Choice Sweet & Sour PC  VEGETARIAN: Cheese Enchilada	BBQ Chicken Corn Fresh Orange UBR Round  VEGETARIAN: Lasagna Roll	Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple  VEGETARIAN: NONE
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Applesauce Cup  VEGETARIAN: Tofu w/ Marinara	Breaded Chicken Patty Sandwich on WG Bun American Cheese Shredded Lettuce Cuke Coins Fresh Banana Mayo PC  VEGETARIAN: Garden Burger	Sloppy Joe on WG Bun Corn Fruit Chef's Choice  VEGETARIAN: Veggie Sloppy Joe	Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC  VEGETARIAN: Cheese Enchilada	Chicken Nachos WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Celery Fruit Chef's Choice  VEGETARIAN: Vegetarian Taco Meat
27-Sep	28-Sep	29-Sep	30-Sep	
Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple  VEGETARIAN: Gardenburger	French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Fruit Chef's Choice Syrup PC  VEGETARIAN: Omelette replaces Sausage	Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC  VEGETARIAN: Gardenburger	Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange  VEGETARIAN: Cheesebread w/ Marinara	

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.