

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Oct
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.				<b>Buffalo Chicken on WG Bun</b> Fresh Carrots Fresh Celery Sticks Fresh Apple  VEGETARIAN: Cheese Quesadilla
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
<b>Mac &amp; Cheese</b> WG Teabiscuit Mixed Vegetables Applesauce Cup  VEGETARIAN: NONE	<b>BBQ Drumstick w/ Veg. Brown Rice</b> WG Teabiscuit Fresh Carrots Fresh Banana  VEGETARIAN: Tofu w/ Sweet & Sour	<b>Turkey w/Gravy</b> WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup  VEGETARIAN: Gardenburger w/ Veg Gravy	<b>Softshell Beef Taco</b> Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple  VEGETARIAN: Vegetarian Taco Meat	<b>Teriyaki Chicken Over Brown Rice</b> Fresh Broccoli Fresh Orange  VEGETARIAN: Teriyaki Tofu
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
<b>Beef Hot Dog on WG Hot Dog Bun</b> Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC  VEGETARIAN: Cheesebread w/ Marinara	<b>Chicken Parmesan Sandwich</b> WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana  VEGETARIAN: Gardenburger	<b>Sweet &amp; Sour Chicken</b> Veg Brown Rice Fresh Broccoli Strawberry Cup Sweet & Sour PC  VEGETARIAN: Cheese Enchilada	<b>BBQ Chicken Sandwich</b> Corn Fresh Orange  VEGETARIAN: Lasagna Roll	<b>Bosco Sticks 6" w/ Marinara</b> Fresh Carrots Fresh Apple  VEGETARIAN: NONE
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
<b>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese</b> Fresh Carrots Applesauce Cup  VEGETARIAN: Tofu w/ Marinara	<b>Breaded Chicken Patty Sandwich/WG Bun</b> American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC  VEGETARIAN: Garden Burger	<b>Sloppy Joe on WG Bun</b> Corn Peach Cup  VEGETARIAN: Veggie Sloppy Joe	<b>NO SCHOOL</b>  <b>Staff Professional Development</b>	<b>NO SCHOOL</b>  <b>Staff Professional Development</b>
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
<b>Pizza Chicken Burger on WG Bun</b> Corn Niblets Fresh Apple  VEGETARIAN: Gardenburger	<b>French Toast &amp; Turkey Sausage</b> Fresh Carrots Fresh Cuke Coins Strawberry Cup  VEGETARIAN: Omelette replaces Sausage	<b>Beef Cheeseburger on WG Bun</b> Veg Baked Beans Applesauce Cup Ketchup PC  VEGETARIAN: Gardenburger	<b>Chicken Marinara w/ Mozzarella Cheese</b> WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange  VEGETARIAN: Cheesebread w/ Marinara	<b>Buffalo Chicken on WG Bun</b> Fresh Carrots Fresh Celery Sticks Fresh Apple  VEGETARIAN: Cheese Quesadilla

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