

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Feb	2-Feb	3-Feb	4-Feb
<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>Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana</p>	<p>Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet & Sour</p>	<p>BBQ Chicken Sandwich Corn Fresh Orange</p>	<p>Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple</p>
	<p>VEGETARIAN: Gardenburger</p>	<p>VEGETARIAN: Cheese Enchilada</p>	<p>VEGETARIAN: Lasagna Roll</p>	<p>VEGETARIAN: NONE</p>
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
<p>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Applesauce Cup</p>	<p>Beef Taco with WG Tortilla Cheddar Cheese Shredded Lettuce Cuke Coins Fresh Apple Taco Sauce PC</p>	<p>Sloppy Joe on WG Bun Corn Peach Cup</p>	<p>Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC</p>	<p>Chicken Nachos WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Broccoli Mixed fruit Cup</p>
<p>VEGETARIAN: Tofu w/ Marinara</p>	<p>VEGETARIAN: Veg Crumbles</p>	<p>VEGETARIAN: Veggie Sloppy Joe</p>	<p>VEGETARIAN: Cheese Enchilada</p>	<p>VEGETARIAN: Vegetarian Taco Meat</p>
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
<p>Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple</p>	<p>French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Syrup PC</p>	<p>Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC</p>	<p>Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli & Fresh Orange</p>	<p>STAFF PROFESSIONAL DEVELOPMENT DAY NO SCHOOL for CHILDREN</p>
<p>VEGETARIAN: Gardenburger</p>	<p>VEGETARIAN: Omelette replaces Sausage</p>	<p>VEGETARIAN: Gardenburger</p>	<p>VEGETARIAN: Cheesebread w/ Marinara</p>	
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
<p>PRESIDENT'S DAY NO SCHOOL</p>	<p>BBQ Drumstick w/ Veg Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana</p>	<p>Turkey w/ Gravy WG Teabiscuit Mashed Potato Celery Peach Cup</p>	<p>Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese/Lettuce/Salsa Apple</p>	<p>Beef Cheeseburger on WG Bun Fresh Broccoli Fresh Cucumber Coins Fresh Orange</p>
	<p>VEGETARIAN: Tofu w/ Sweet and Sour Sauce</p>	<p>VEGETARIAN: Garden Burger</p>	<p>VEGETARIAN: Vegetarian Taco Meat</p>	<p>VEGETARIAN: Gardenburger</p>
28-Feb				
<p>Beef Hot Dog on WG Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC</p>				
<p>VEGETARIAN: Cheesebread w/ Marinara</p>				