

Menu Subject to Change					<b>K - 8 MARCH LUNCH MENU LENT 2017-2018</b>				
Monday		Tuesday		Wednesday		Thursday		Friday	
						1st		2nd	
Lancer Dining Services does not use pork, peanut, 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. Please visit dining.lancerhospitality.com for more information.						<b>Popcorn Orange Chicken</b> Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Fresh Grapes Ranch Dressing  <b>ALTERNATE:</b> <b>Southwest Chicken Wrap</b>		<b>Walking Tacos</b> Seasoned Pinto Beans, Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine Baby Carrots, Fresh Melon  <b>ALTERNATE:</b> <b>Pizza OR</b> <b>Spiced Turkey &amp; Cheese Ciabatta</b>	
5th		6th		7th		8th		9th	
<b>Crispy Chicken on a Bun</b> Celery Smiles Steamed Corn Chilled Pears  <b>ALTERNATE:</b> <b>Italian Cold Cut Combo</b>		<b>Mini Turkey Corn Dogs</b> Vegetarian Baked Beans Romaine Salad French Dressing Fresh Banana Ketchup  <b>ALTERNATE:</b> <b>Chicken Cheddar Wrap</b>		<b>BBQ Beef Riblet</b> Hoagie Roll Glazed Carrots Fresh Sugar Snap Peas Applesauce  <b>ALTERNATE:</b> <b>Roast Turkey And Cheese Sandwich</b>		<b>Sweet &amp; Sour Chicken Meatballs</b> Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Grape Tomatoes & Ranch Dressing Fresh Melon  <b>ALTERNATE:</b> <b>Turkey Club Sub</b>		<b>Garlic Cheese Pizza Bread</b> Marinara Sauce Mixed Green Salad Fresh Apple Ranch Dressing  <b>ALTERNATE:</b> <b>Pizza OR</b> <b>Spiced Turkey &amp; Cheese Ciabatta</b>	
12th		13th		14th		15th		16th	
<b>French Toast &amp; Syrup</b> Turkey Sausage Fresh Cucumbers Chilled Peaches Wango Mango Veggie Juice  <b>ALTERNATE:</b> <b>Spiced Turkey &amp; Cheese Sub</b>		<b>Chicken Tacos</b> Whole Grain Tortilla Shredded Cheddar Cheese Taco Sauce Chipotle Style Beans Shredded Romaine Fresh Banana <b>ALTERNATE:</b> <b>Chicken Caesar Wrap</b>		<b>Meatball Hoagie</b> Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Fresh Apple Tater Tots & Ketchup Celery Smiles <b>ALTERNATE:</b> <b>Turkey Club Sub</b>		<b>Turkey Cheeseburger</b> Hamburger Bun Shredded Lettuce Roasted Red Potatoes Fresh Strawberries Ketchup  <b>ALTERNATE:</b> <b>Southwest Chicken Wrap</b>		<b>Garlic Cheese Pizza Bread</b> Marinara Sauce Kale & Romaine Salad & Italian Dressing Fresh Orange  <b>ALTERNATE:</b> <b>Pizza OR</b> <b>Spiced Turkey &amp; Cheese Ciabatta</b>	
19th		20th		21st		22nd		23rd	
<b>Beef Hot Dog on a Bun</b> Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Chilled Mixed Fruit  <b>ALTERNATE:</b> <b>Italian Cold Cut Combo</b>		<b>Chicken &amp; Gravy</b> <b>Creamy Mashed Potato</b> Bread & Butter Zucchini Coins Fresh Banana Giant Graham Cracker Ranch Dressing <b>ALTERNATE:</b> <b>Chicken Cheddar Wrap</b>		<b>BBQ Chicken Silder</b> <b>Hamburger Bun</b> <b>Mac &amp; Cheese</b> Fresh Broccoli & Carrots Ranch Dressing Fresh Apple  <b>ALTERNATE:</b> <b>Roast Turkey And Cheese Sandwich</b>		<b>Cheese Stuffed Breadsticks</b> <b>Marinara Dipping Sauce</b> Spinach Salad Italian Dressing Celery Smiles Fresh Grapes  <b>ALTERNATE:</b> <b>Turkey Club Sub</b>		<b>Fish Patty</b> WG Ciabatta roll Fresh Broccoli w ranch Steamed Carrots Fresh Melon  <b>ALTERNATE: Pizza OR</b> <b>Turkey Ham &amp; Cheese Ciabatta</b>	
26th		27th		28th		29th		30th	
<b>Sabino's Pizza Burger</b> Italian Seasoned Beef on Garlic Toast Baby Carrots Hummus Fresh Orange  <b>ALTERNATE:</b> <b>Italian Cold Cut Combo</b>		<b>BBQ Beef Meatballs</b> Fresh Broccoli Potato Wedges & Ketchup Combread Fresh Grapes  <b>ALTERNATE:</b> <b>Chicken Cheddar Wrap</b>		<b>Creamy Chicken Alfredo</b> <b>Penne Pasta</b> Romaine Salad & Italian Dressing Baby Carrots Fresh Melon WG French Bread  <b>ALTERNATE:</b> <b>Roast Turkey And Cheese Sandwich</b>		<b>Beef Tacos</b> Whole Grain Tortilla Cheddar Cheese Shredded Romaine Lettuce Refried Beans & Diced Tomatoes Fresh Apple Taco Sauce <b>ALTERNATE:</b> <b>Turkey Club Sub</b>		<b>Fish Sticks</b> Dinner Roll Fresh Carrots Crunchy Cauliflower Florets Chilled Pineapple Ranch Dressing <b>ALTERNATE:</b> <b>Pizza OR</b> <b>Spiced Turkey &amp; Cheese Ciabatta</b>	

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.