



Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
	BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana Strawberry Cup VEGETARIAN: Tofu w/ Sweet & Sour ALTERNATE: Chicken Cheddar Wrap	Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup Raisins VEGETARIAN: Gardenburger w/ Veg Gravy ALTERNATE: Chicken Buffalo Wrap	Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple VEGETARIAN: Vegetarian Taco Meat ALTERNATE: Southwest Chicken Wrap	Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Cuke Coins Fresh Orange Mixed Fruit Cup VEGETARIAN: Teriyaki Tofu ALTERNATE: Pizza or Turkey Club Sub
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC VEGETARIAN: Cheesebread w/ Marinara ALTERNATE: Roast Turkey & Cheese Sandwich	Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana Raisins VEGETARIAN: Gardenburger ALTERNATE: Chicken Cheddar Wrap	Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Apple Juice Sweet & Sour VEGETARIAN: Cheese Enchilada ALTERNATE: Chicken Buffalo Wrap	BBQ Chicken Sandwich Corn Fresh Orange Peach Cup VEGETARIAN: Lasagna Roll ALTERNATE: SW Chicken Wrap	Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple VEGETARIAN: NONE ALTERNATE: Pizza or Turkey Club Sub
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Fresh Broccoli Applesauce Cup VEGETARIAN: Tofu w/ Marinara ALTERNATE: Roast Turkey & Cheese Sandwich	Breaded Chicken Patty Sandwich on WG Bun American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC VEGETARIAN: Garden Burger ALTERNATE: Chicken Cheddar Wrap	Sloppy Joe on WG Bun Corn Fresh Carrots Peach Cup Raisins VEGETARIAN: Veggie Sloppy Joe ALTERNATE: Chicken Buffalo Wrap	Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange Strawberry Cup BBQ Sauce PC VEGETARIAN: Cheese Enchilada ALTERNATE: SW Chicken Wrap	Chicken Nachos WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Broccoli Mixed fruit Cup Apple Juice VEGETARIAN: Vegetarian Taco Meat ALTERNATE: Pizza or Turkey Club Sub
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
Pizza Chicken Burger on WG Bun Corn Noiblets Fresh Apple VEGETARIAN: Gardenburger ALTERNATE: Roast Turkey & Cheese Sandwich	French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Orange Juice Syrup PC VEGETARIAN: Omelette replaces Sausage ALTERNATE: Chicken Cheddar Wrap	NO SCHOOL	<p><i>Happy Thanksgiving</i></p> <p>CLOSED</p>	
29-Nov	30-Nov			
Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup VEGETARIAN: NONE ALTERNATE: Roast Turkey & Cheese Sandwich	BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana Strawberry Cup VEGETARIAN: Tofu w/ Sweet & Sour ALTERNATE: Chicken Cheddar Wrap		<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>	

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.