



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.				Buffalo Chicken on WG Bun Fresh Carrots Fresh Celery Sticks Fresh Apple Giant Graham VEGETARIAN: Cheese Quesadilla ALTERNATE: Pizza or Turkey Club Sub
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
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	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: SW Chicken Wrap w/ Mozzarella Stick	Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Cuke Coins Fresh Orange Mixed Fruit Cup VEGETARIAN: Teriyaki Tofu ALTERNATE: Pizza or Turkey Club Sub
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
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 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 w/ Mozzarella Stick	Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple VEGETARIAN: NONE ALTERNATE: Pizza or Turkey Club Sub
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
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	MEA NO SCHOOL	MEA NO SCHOOL
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Pizza Chicken Burger on WG Bun Corn Niblets 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	Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC VEGETARIAN: Gardenburger ALTERNATE: Chicken Buffalo Wrap	FINALS EARLY RELEASE	FINALS EARLY RELEASE

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