



Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				
3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
<p>Beef Hot Dog on WG Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC</p> <p>VEGETARIAN: Cheesebread w/ Marinara ALTERNATE: Roast Turkey & Cheese sandwich</p>	<p>Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana Raisins</p> <p>VEGETARIAN: Gardenburger ALTERNATE: Chicken Cheddar Wrap</p>	<p>Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Apple Juice Sweet & Sour</p> <p>VEGETARIAN: Cheese Enchilada ALTERNATE: Chicken Buffalo Wrap</p>	<p>BBQ Chicken Sandwich Corn Fresh Orange Peach Cup</p> <p>VEGETARIAN: Cheese Enchilada ALTERNATE: Southwest Chicken Wrap</p>	<p>Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple</p> <p>VEGETARIAN: NONE ALTERNATE: Turkey Club Sub</p>
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
<p>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Fresh Broccoli Applesauce Cup</p> <p>VEGETARIAN: Tofu w/ Marinara ALTERNATE: Roast Turkey & Cheese Sandwich</p>	<p>Breaded Chicken Patty Sandwich on WG Bun American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC</p> <p>VEGETARIAN: Garden Burger ALTERNATE: Chicken Cheddar Wrap</p>	<p>Sloppy Joe on WG Bun Corn Fresh Carrots Peach Cup Raisins</p> <p>VEGETARIAN: Veggie Sloppy Joe ALTERNATE: Chicken Buffalo Wrap</p>	<p>Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange Strawberry Cup BBQ Sauce PC</p> <p>VEGETARIAN: Cheese Enchilada ALTERNATE: Southwest Chicken Wrap</p>	<p>Chicken Nachos WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Broccoli Mixed fruit Cup Apple Juice</p> <p>VEGETARIAN: Vegetarian Taco Meat ALTERNATE: Turkey Club Sub</p>
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
<p>Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple</p> <p>VEGETARIAN: Gardenburger ALTERNATE: Roast Turkey & Cheese Sandwich</p>	<p>French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Orange Juice Syrup PC</p> <p>VEGETARIAN: Omelette replaces Sausage ALTERNATE: Chicken Cheddar Wrap</p>	<p>Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC</p> <p>VEGETARIAN: Gardenburger ALTERNATE: Chicken Buffalo Wrap</p>	<p>Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange Applesauce Cup</p> <p>VEGETARIAN: Cheesebread w/ Marinara ALTERNATE: SW Chicken Wrap w/ Mozzarella</p>	<p>Buffalo Chicken on WG Bun Fresh Carrots Fresh Celery Sticks Fresh Apple Giant Graham</p> <p>VEGETARIAN: Cheese Quesadilla ALTERNATE: Turkey Club Sub</p>
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
<p>Mac & Cheese Mixed Vegetable Applesauce Cup WG Tea biscuit</p> <p>VEGETARIAN: None ALTERNATE: Roast Turkey & Cheese Sandwich</p>	<p>BBQ Drumstick w/ Veg Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana Fruit Chef's Choice</p> <p>VEGETARIAN: Tofu w/ Sweet and Sour Sauce ALTERNATE: Chicken Cheddar Wrap</p>	<p>Turkey w/ Gravy WG Teabiscuit Mashed Potato Celery Peach Cup Raisins</p> <p>VEGETARIAN: Garden Burger ALTERNATE: Chicken Buffalo Wrap</p>	<p>Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Apple</p> <p>VEGETARIAN: Vegetarian Taco Meat ALTERNATE: Southwest Chicken Wrap</p>	<p>Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Cucumber Coins Fresh Orange Mixed Fruit Cup</p> <p>VEGETARIAN: Teriyaki Tofu ALTERNATE: Turkey Club Sub</p>

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