

Menu Subject to Change SEAS K - 8 JANUARY LUNCH MENU 2018-2019				
Monday	Tuesday	Wednesday	Thursday	Friday
7th	8th	9th	10th	11th
Monday	Tuesday	Wednesday	Thursday	Friday
	1st	2nd	3rd	4th
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.	HAPPY NEW YEAR	Beef Nachos Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Shredded Lettuce Salsa ALTERNATE: Chicken Cheddar Wrap	Cheese Stuffed Breadsticks Marinara Dipping Sauce Vegetable Blend Fresh Melon ALTERNATE: Turkey & Spinach Sandwich	Italian Meatsauce WG Penne Pasta Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing ALTERNATE: Turkey & Swiss Ciabatta
7th	8th	9th	10th	11th
Chicken Flatbread Gyro WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC ALTERNATE: Turkey Club Sub	Beef Tacos Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce ALTERNATE: Chicken Cheddar Wrap	Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce ALTERNATE: Roast Turkey And Cheese Sandwich	BBQ Chicken Meatballs Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup ALTERNATE: Chicken Caesar Wrap	PIZZA: Cheese or Pepperoni Tossed Spinach Sliced Zucchini Fresh Orange French Dressing
14th	15th	16th	17th	18th
French Toast Turkey Sausage Celery Sticks Chilled Tropical Fruit Calypso Crush Veggie Juice Syrup ALTERNATE: Southwest Chicken Wrap	Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing ALTERNATE: Turkey Club Sub	Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing ALTERNATE: Chicken Cheddar Wrap	Turkey Cheeseburger Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup ALTERNATE: Turkey & Spinach Sandwich	NO SCHOOL
21st	22nd	23rd	24th	25th
NO SCHOOL	Chicken Tacos WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce ALTERNATE: Chicken Cheddar Wrap	Chicken Ala King Creamy Mashed Potato WG Tea Biscuit Fresh Broccoli Fresh Melon Butter PC Ranch Dressing ALTERNATE: Roast Turkey And Cheese Sandwich	Chicken Patty Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Ranch Dressing Mayo Packet ALTERNATE: Chicken Caesar Wrap	PIZZA: Cheese or Pepperoni Grape Tomatoes Romaine & Iceberg Blend Fresh Orange Ranch Dressing
28th	29th	30th	31st	
Cheeseburger Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing ALTERNATE: Turkey Club Sub	BBQ Beef Riblet Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing ALTERNATE: Chicken Cheddar Wrap	Chicken Alfredo WG Penne Pasta WG Tea Biscuit & Butter PC Romaine Salad Celery Sticks Fresh Orange Italian Dressing ALTERNATE: Roast Turkey And Cheese Sandwich	Chicken Strips Steamed Corn Cucumber Coins Fresh Melon BBQ Dipping Sauce ALTERNATE: Chicken Caesar Wrap	PRICING Regular \$2.90 Extra Entrée \$1.90 Milk Only \$.50 Adult Meal \$3.65

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