



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>		<p>1-Dec</p> <p>Turkey w/ Gravy Mashed Potatoes Tea Biscuit Fresh Celery Peach Cup</p>	<p>2-Dec</p> <p>Softshell Beef Taco Shredded Cheese & Lettuce Salsa Black Beans Fresh Apple</p>	<p>3-Dec</p> <p>Cheese or Pepperoni Pizza Fresh Broccoli Fresh Orange</p>
	<p>6-Dec</p> <p>Beef Hot Dog on a Bun Veg Baked Beans Applesauce Cup</p>	<p>7-Dec</p> <p>Chicken Parmesan Sandwich Marinara Sauce & Shredded Mozzarella Steamed Green Beans Fresh Banana</p>	<p>8-Dec</p> <p>Popcorn Chicken Sweet & Sour Sauce Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup</p>	<p>9-Dec</p> <p>BBQ Chicken Sandwich Steamed Corn Fresh Orange</p>
<p>13-Dec</p> <p>Beef Meatball Sub Mozzarella Cheese Fresh Carrots Applesauce Cup</p>	<p>14-Dec</p> <p>Breaded Chicken Patty Sandwich American Cheese Lettuce Mayo Cucumber Coins Fresh Apple</p>	<p>15-Dec</p> <p>Sloppy Joe Steamed Corn Peach Cup</p>	<p>16-Dec</p> <p>Chicken Tenders BBQ Sauce Tea Biscuit Veg Baked Beans Fresh Orange</p>	<p>17-Dec</p> <p>Cheese or Pepperoni Pizza Fresh Broccoli Mixed fruit Cup</p>
<p>20-Dec</p> <p>Pizza Chicken Burger Steamed Corn Fresh Apple</p>	<p>21-Dec</p> <p>French Toast & Turkey Sausage Syrup Fresh Carrots Strawberry Cup</p>	<p>22-Dec</p> <p>NO SCHOOL Christmas Break</p>	<p>23-Dec</p> <p>NO SCHOOL Christmas Break</p>	<p>24-Dec</p> <p>NO SCHOOL Christmas Break</p>
<p>27-Dec</p> <p>NO SCHOOL Christmas Break</p>	<p>28-Dec</p> <p>NO SCHOOL Christmas Break</p>	<p>29-Dec</p> <p>NO SCHOOL Christmas Break</p>	<p>30-Dec</p> <p>NO SCHOOL Christmas Break</p>	<p>31-Dec</p> <p>NO SCHOOL Christmas Break</p>

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