



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: Beef Turkey Hoagie</p>	<p>Chicken Pamesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana</p> <p>VEGETARIAN: Gardenburger ALTERNATE: Chicken Club Sandwich</p>	<p>Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet & Sour</p> <p>VEGETARIAN: Cheese Enchilada ALTERNATE: Chicken Buffalo Wrap</p>	<p>BBQ Chicken Sandwich Com Fresh Orange</p> <p>VEGETARIAN: Cheese Enchilada ALTERNATE: Chicken Buffalo Wrap</p>	<p>Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple</p> <p>VEGETARIAN: NONE ALTERNATE: Turkey Club Sandwich</p>
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
<p>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Applesauce Cup</p> <p>VEGETARIAN: Tofu w/ Marinara ALTERNATE: Chicken Buffalo Wrap</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 Buffalo Wrap</p>	<p>Sloppy Joe on WG Bun Com Peach Cup</p> <p>VEGETARIAN: Veggie Sloppy Joe ALTERNATE: Chicken Buffalo Wrap</p>	<p>Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC</p> <p>VEGETARIAN: Cheese Enchilada ALTERNATE: Chicken Buffalo Wrap</p>	<p>Chicken Nachos WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Broccoli Mixed fruit Cup</p> <p>VEGETARIAN: Vegetarian Taco Meat ALTERNATE: Turkey Club Sandwich</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: Chicken Buffalo Wrap</p>	<p>French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Soup PC</p> <p>VEGETARIAN: Omelette replaces Sausage ALTERNATE: Chicken Buffalo 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</p> <p>VEGETARIAN: Cheesebread w/ Marinara ALTERNATE: Chicken Buffalo Wrap</p>	<p>Buffalo Chicken on WG Bun Fresh Carrots Fresh Celery Sticks Fresh Apple</p> <p>VEGETARIAN: Cheese Quesadilla ALTERNATE: Turkey Club Sandwich</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: Chicken Buffalo Wrap</p>	<p>BBQ Drumstick w/ Veg Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana</p> <p>VEGETARIAN: Tofu w/ Sweet and Sour Sauce ALTERNATE: Chicken Buffalo Wrap</p>	<p>Turkey w/ Gravy WG Teabiscuit Mashed Potato Celery Peach Cup</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: Chicken Buffalo Wrap</p>	<p>Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Cucumber Coins Fresh Orange</p> <p>VEGETARIAN: Teriyaki Tofu ALTERNATE: Turkey Club Sandwich</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.

Jan 31st - same as Jan 3rd.



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3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
<p>Mini French Toast Fresh Orange 4OZ 100% Fruit Juice</p>	<p>Cocoa Puff Cereal Bar Fresh Apple</p>	<p>Mini Blueberry Waffles Fruit Cup 4OZ 100% Fruit Juice</p>	<p>WG Bagel Strawberry Cream Cheese Applesauce Cup 4OZ 100% Fruit Juice</p>	<p>WG Apple Cinnamon Muffin Fresh Apple</p>
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
<p>CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice</p>	<p>Trix Cereal Bar Fresh Apple</p>	<p>Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice</p>	<p>Cherry Frudel Fresh Banana Fruit Cup</p>	<p>Mini Maple Pancakes Applesauce Cup 4OZ 100% Fruit Juice</p>
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
<p>Mini French Toast Fresh Orange 4OZ 100% Fruit Juice</p>	<p>Cocoa Puff Cereal Bar Fresh Apple</p>	<p>Mini Blueberry Waffles Fruit Cup 4OZ 100% Fruit Juice</p>	<p>WG Bagel Strawberry Cream Cheese Applesauce Cup 4OZ 100% Fruit Juice</p>	<p>WG Apple Cinnamon Muffin Fresh Apple</p>
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
<p>CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice</p>	<p>Trix Cereal Bar Fresh Apple</p>	<p>Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice</p>	<p>Cherry Frudel Fresh Banana Fruit Cup</p>	<p>Mini Maple Pancakes Applesauce Cup 4OZ 100% Fruit Juice</p>

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