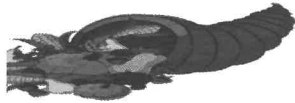


Menu Subject to Change


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1-Nov</p> <p>Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup</p> <p>VEGETARIAN: NONE</p>	<p>2-Nov</p> <p>BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana</p> <p>VEGETARIAN: Tofu w/ Sweet & Sour</p>	<p>3-Nov</p> <p>Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup</p> <p>VEGETARIAN: Gardenburger w/ Veg Gravy</p>	<p>4-Nov</p> <p>Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple</p> <p>VEGETARIAN: Vegetarian Taco Meat</p>	<p>5-Nov</p> <p>Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Orange</p> <p>VEGETARIAN: Teriyaki Tofu</p>
<p>8-Nov</p> <p>Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC</p> <p>VEGETARIAN: Cheesebread w/ Marinara</p>	<p>9-Nov</p> <p>Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana</p> <p>VEGETARIAN: Gardenburger</p>	<p>10-Nov</p> <p>Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Sweet & Sour</p> <p>VEGETARIAN: Cheese Enchilada</p>	<p>11-Nov</p> <p>BBQ Chicken Sandwich Corn Fresh Orange</p> <p>VEGETARIAN: Lasagna Roll</p>	<p>12-Nov</p> <p>Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple</p> <p>VEGETARIAN: NONE</p>
<p>15-Nov</p> <p>Beef Meatball Sub on WG Hoagie Bun w/ Mozzarella Cheese Fresh Carrots Applesauce Cup</p> <p>VEGETARIAN: Tofu w/ Marinara</p>	<p>16-Nov</p> <p>Breaded Chicken Patty Sandwich on WG Bun American Cheese Shredded Lettuce Cuke Coins Fresh Apple Mayo PC</p> <p>VEGETARIAN: Garden Burger</p>	<p>17-Nov</p> <p>Sloppy Joe on WG Bun Corn Peach Cup</p> <p>VEGETARIAN: Veggie Sloppy Joe</p>	<p>18-Nov</p> <p>Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC</p> <p>VEGETARIAN: Cheese Enchilada</p>	<p>19-Nov</p> <p>Chicken Nachos WG Tortilla Chips Shredded Cheddar & Lettuce Fresh Broccoli Mixed fruit Cup</p> <p>VEGETARIAN: Vegetarian Taco Meat</p>
<p>22-Nov</p> <p>Pizza Chicken Burger on WG Bun Corn Noiblets Fresh Apple</p> <p>VEGETARIAN: Gardenburger</p>	<p>23-Nov</p> <p>French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Syrup PC</p> <p>VEGETARIAN: Omelette replaces Sausage</p>	<p>24-Nov</p> <p>Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC</p> <p>VEGETARIAN: Gardenburger</p>	<p>Happy Thanksgiving</p>	
<p>29-Nov</p> <p>Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup</p> <p>VEGETARIAN: NONE</p>	<p>30-Nov</p> <p>BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana</p> <p>VEGETARIAN: Tofu w/ Sweet & Sour</p>		<p>CLOSED</p>	
			<p>CLOSED</p>	
			<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>	

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.



Menu Subject to Change

Monday 1-Nov	Tuesday 2-Nov	Wednesday 3-Nov	Thursday 4-Nov	Friday 5-Nov
CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice	Trix Cereal Bar Fresh Apple	Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice	Apple Frudel Fresh Banana Fruit Cup	Mini Maple Pancakes Applesauce Cup 4OZ 100% Fruit Juice
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
Mini French Toast Fresh Orange 4OZ 100% Fruit Juice	Cocoa Puff Cereal Bar Fresh Apple	Mini Blueberry Waffles Fruit Cup 4OZ 100% Fruit Juice	WG Bagel Strawberry Cream Cheese Applesauce Cup 4OZ 100% Fruit Juice	WG Apple Cinnamon Muffin Fresh Apple
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice	Trix Cereal Bar Fresh Apple	Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice	Cherry Frudel Fresh Banana Fruit Cup	Mini Maple Pancakes Applesauce Cup 4OZ 100% Fruit Juice
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
Mini French Toast Fresh Orange 4OZ 100% Fruit Juice	Cocoa Puff Cereal Bar Fresh Apple	Mini Maple Waffles Fruit Cup 4OZ 100% Fruit Juice	 CLOSED	
29-Nov	30-Nov			
CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice	Trix Cereal Bar Fresh Apple	Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice	Apple Frudel Fresh Banana Fruit Cup	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.

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