

September

LANCER

DINING SERVICES



Menu Subject to Change K - 8 September Breakfast and Lunch Menu 2022-2023

Monday	Tuesday	Wednesday	Thursday	Friday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
Main:	Main:	Main:	Main:	Main:
Chicken Patty on a Bun, Potato Wedges, Apple Sauce, Celery, Milk	Cheeseburger, Green Beans, Sliced Cucumber, Orange, Milk	Lasagna Roll Up, Steamed Carrots, Salad, Tropical Fruit, Breadstick, Milk	Chicken Taco, Brown Rice, Mexican Bean Salad, Mandarin Oranges, Milk	French Toast Sticks, Turkey Links, carrots, Broccoli, Apple, Milk
Alternate	Alternate	Alternate	Alternate	Alternate
Peanut Butter and Jelly Sandwich or Ham Sandwich	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Bagel w/ Cream Cheese, Pineapple Cup, Apple Juice, Milk	Strawberry Poptart, String Cheese, Apple, Milk	Apple Cinnamon Muffin, Banana, Applesauce Cup, Milk	Cheerios, Apple, Milk	Apple Frudel, Orange, Grape Juice, Milk
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
	Main:	Main:	Main:	Main:
	Mini Corn Dog, Baked Beans, Coleslaw, Banana, Milk	Beef Chili, Tator Tots, Salad, Apple, Dinner Roll, Milk	Meatball Sub w/ Marinara, Steamed Carrots, Celery Sticks, Pineapple Tidbits, Milk	Waffles, Turkey Links, Broccoli, baby carrots, Apple, Milk
	Alternate	Alternate	Alternate	Alternate
	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Cinnamon Roll, Apple, Milk	Yogurt w/Granola Bites, Orange, Strawberry Applesauce	Mini French Toast, Apple, Milk	Cinnamon Toast Crunch, Pear Cup, Orange Juice, Milk	
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
Main:	Main:	Main:	Main:	Main:
Corn Dog, tator tots, Sliced Cucumbers, Mixed Fruit, Milk	Beef Tacos, Pinto Beans, Orange, Milk	Breaded Chicken Drumstick, Au Gratin Potatoes, Salad, Strawberry Applesauce, Wheat Bread, Milk	Chicken Nuggets, Steamed Carrots, Celery Sticks, Diced Pears, Milk	Cheeseburger, Broccoli, Carrots, Apple, Milk
Alternate	Alternate	Alternate	Alternate	Alternate
Peanut Butter and Jelly Sandwich or Ham Sandwich	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Mini Blueberry Waffle, Mixed Fruit Cup, Apple Juice, Milk	Mini Wheats Bowl, String Cheese, Apple, Milk	Honey Bun, Banana, Applesauce Cup, Milk	Cocoa Puff Bars, Apple, Milk	Banana Chocolate Chip Bread, Orange, Grape Juice, Milk
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Main:	Main:	Main:	Main:	Main:
Chicken Tenders, Steamed Carrots, Sliced Cucumbers, Cinnamon Apple Sauce, Milk	Frito Pie, Steamed Corn, Banana, Milk	Mac and Cheese, Steamed Peas, Salad, Apple, Milk	Hot Dog, Baked Beans, Coleslaw, Orange, Milk	Pizza, Salad, Tropical Fruit, Milk
Alternate	Alternate	Alternate	Alternate	Alternate
Peanut Butter and Jelly Sandwich or Ham Sandwich	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Bagel w/ Cream Cheese, Pineapple Cup, Apple Juice, Milk	Strawberry Poptart, String Cheese, Apple, Milk	Yogurt, Granola Bites, Orange, Strawberry Applesauce Cup	Mini French Toast, Apple, Milk	Cocoa Puff Bowl, Pineapple Cup, Orange Juice, milk
29-Sep	29-Sep	30-Sep	1-Oct	2-Oct
	Main:	Main:	Main:	Main:
	Corn Dog, Steamed Green Beans, carrots, Orange, Milk	Chicken Meatballs Rotini w/ Marinara, Sliced Cucumbers, Salad, Tropical Fruit, Breadstick, Milk		
	Alternate	Alternate		
	Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	Peanut Butter and Jelly Sandwich or Ham Sandwich		
Breakfast:	Breakfast:	Breakfast:		
Golden Grahams Bowl, String Cheese, Apple	Blueberry Muffin, Banana, Applesauce, Milk			

WELCOME
BACK TO
SCHOOL

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

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. Please visit dining.lancerhospitality.com for more information.