

# September

LANCER

DINING SERVICES



Menu Subject to Change | 8 September Breakfast and Lunch Menu | 2016-2017

Monday 1-Sep	Tuesday 2-Sep	Wednesday 3-Sep	Thursday 4-Sep	Friday 5-Sep
	<b>Main:</b> Hot Dog on a Bun, Chips, Fruit, Vegetable	<b>Main:</b> Sloppy Joe on a Bun, Chips, Vegetable, Fruit	<b>Main:</b> Build your own Ham or Turkey Sub, Fruit, Vegetable	<b>Main:</b> Pizza, Salad, Fruit
	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich
	<b>Breakfast:</b> Cereal, Fruit, Milk	<b>Breakfast:</b> Bagel, Fruit, Milk	<b>Breakfast:</b> Yogurt with Granola Bites, Fruit, Milk	<b>Breakfast:</b> Cinna Stix, Fruit, Milk
<b>8-Sep</b>	<b>9-Sep</b>	<b>10-Sep</b>	<b>11-Sep</b>	<b>12-Sep</b>
<b>Main:</b> Chicken Tenders, Carrots, Cucumbers, Dinner Roll, Applesauce, Milk	<b>Main:</b> Frito Pie w/ Topping, Steamed Corn, Banana, Milk	<b>Main:</b> Mac & Cheese, Steamed Peas, Celery, Apple, Wheat Bread, Milk	<b>Main:</b> Beef Hot Dog, Baked Beans, Coleslaw, Orange, Milk	<b>Main:</b> Chicken Patty Sandwich, Broccoli, Carrots, Peaches, Milk
<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich
<b>Breakfast:</b> Bagel with Strawberry Cream Cheese, Peach Cup, Apple Juice	<b>Breakfast:</b> Strawberry Pop Tart, String Cheese, Apple, Milk	<b>Breakfast:</b> Yogurt w/Granola Bites, Orange, Strawberry Applesauce	<b>Breakfast:</b> Mini French Toast, Apple, Milk	<b>Breakfast:</b> Cocoa Puff Bowl, Pineapple, Orange Juice, Milk
<b>15-Sep</b>	<b>16-Sep</b>	<b>17-Sep</b>	<b>18-Sep</b>	<b>19-Sep</b>
<b>Main:</b> Meatloaf w/Gravy, Mashed Potatoes celery, strawberry applesauce, wheat bread	<b>Main:</b> Corn Dog, Baked Beans, Cucumbers, Oranges	<b>Main:</b> Beef Nachos w/Toppings, Fiesta Corn Salad, Pineapple Tidbits	<b>Main:</b> Chicken Drumsticks w/BBQ, Steamed Carrots, Salad w/dressing, Tropical Fruit, Dinner Roll	<b>Main:</b> Pancakes w/Syrup, Turkey Links, Fresh Broccoli, Baby Carrots, Apple
<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich
<b>Breakfast:</b> cinnamon Roll, Mandarin Orange Cup, Apple Juice, Milk	<b>Breakfast:</b> Golden Grahams Bowl, String Cheese, Apple, Milk	<b>Breakfast:</b> Blueberry Muffin, Banana, Applesauce Cup	<b>Breakfast:</b> Trix Cereal Bar, Apple, String Cheese	<b>Breakfast:</b> Apple Frudel, Orange, Grape Juice
<b>22-Sep</b>	<b>23-Sep</b>	<b>24-Sep</b>	<b>25-Sep</b>	<b>26-Sep</b>
<b>Main:</b> Popcorn Chicken, Brown Rice, Cucumbers, Asian Coleslaw, Applesauce	<b>Main:</b> Turkey w/ Gravy, Mashed Potatoes, Salad w/Dressing, Banana, Wheat Bread	<b>Main:</b> Cheese Bread w/ Marinara, Steamed Carrots, Celery Sticks, Apple	<b>Main:</b> Cheeseburger, Baked Beans, Coleslaw, Orange	<b>Main:</b> Chicken & Waffles w/Syrup, Broccoli, baby Carrots, Diced Peaches
<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Deli Turkey Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Tuna Sandwich
<b>Breakfast:</b> Honey Bun, Tropical Fruit Cup, Apple Juice	<b>Breakfast:</b> Chex Cereal Bowl, Apple, Milk	<b>Breakfast:</b> Yogurt, Granola Bites, orange, Strawberry Applesauce Cup	<b>Breakfast:</b> Mini Blueberry Waffle, Apple, String Cheese	<b>Breakfast:</b> Lucky Charms Bowl, Mixed Fruit Cup, String Cheese
<b>29-Sep</b>	<b>30-Sep</b>	<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>
	<b>Main:</b> BBQ Beef Sandwich, Baked Beans, Cucumbers, Orange			
	<b>Alternate:</b> Peanut Butter and Jelly Sandwich or Ham Sandwich			<b>Alternate:</b>
	<b>Breakfast:</b> Strawberry Poptart, String Cheese, Apple			<b>Breakfast:</b>

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

Menu substitution is an equal opportunity provider

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](http://dining.lancerhospitality.com) for more information.