

Menu Subject to Change SEAS K - 8 FEBRUARY LUNCH MENU 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Feb
PRICING Regular \$2.90 Extra Entrée \$1.90 Milk Only \$.50 Adult Meal \$3.65	<u>Salad dressings available every day:</u> Ranch French Italian			Walking Taco - Beef WG Nacho Chips Shredded Cheddar Cheese Shredded Romaine Fresh Carrot Stick Chilled Peaches ALTERNATE: Turkey & Swiss Ciabatta
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
Turkey Mini Corn Dogs Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup ALTERNATE: Southwest Chicken Wrap	BBQ Chicken Slider Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana ALTERNATE: Turkey Club Sub	Beef Nachos Cheese Sauce Corn Tortilla Chips Fresh Broccoli Chilled Pineapple Salsa ALTERNATE: Chicken Cheddar Wrap	Cheese Stuffed Breadsticks Marinara Dipping Sauce Steamed Vegetable Blend Fresh Melon ALTERNATE: Turkey & Spinach Sandwich	PIZZA: Cheese or Pepperoni Fresh Pea Pods Carrot Sticks Grapes
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
Chicken Flatbread Gyro WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Sour Cream ALTERNATE: Turkey Club Sub	Beef Taco Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce ALTERNATE: Chicken Cheddar Wrap	Popcorn Orange Chicken Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon ALTERNATE: Roast Turkey And Cheese Sandwich	BBQ Chicken Meatballs Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup ALTERNATE: Chicken Caesar Wrap	NO SCHOOL
18-Feb	19-Feb	2/20/2018 No 8th grade orders - field trip	21-Feb	22-Feb
NO SCHOOL	Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing ALTERNATE: Turkey Club Sub	Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries ALTERNATE: Chicken Cheddar Wrap	Turkey Cheeseburger Roasted Red Potatoes WG Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup ALTERNATE: Turkey & Spinach Sandwich	PIZZA: Cheese or Pepperoni Fresh Broccoli Fresh Apple
25-Feb	26-Feb	27-Feb	28-Feb	
Meatball Hoagie Meatballs in Marinara Sauce WG Hoagie Roll Shredded Mozzarella Cheese Tater Tots Fresh Zucchini Chilled Pears ALTERNATE: Turkey Club Sub	Chicken Tacos WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce ALTERNATE: Chicken Cheddar Wrap	Chicken Ala King Creamy Mashed Potato WG French Bread Fresh Broccoli Fresh Melon Butter ALTERNATE: Roast Turkey And Cheese Sandwich	Chicken Patty Steamed Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Mayo Packet ALTERNATE: Chicken Caesar Wrap	Lancer Dining Services does not use pork, peanut, 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.

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