

Child's Name

First _____

Last _____

Grade _____

FEBRUARY LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.



JICAMA
Jicama is a member of the potato family that has been growing in Mexico and Central America for decades. A crisp edible root with a unique sweet flavor and great crunch very similar to an apple. Jicama is high in antioxidants and contains good amounts of fiber, calcium, phosphorus, and vitamins C, A, and B.

Walking Taco Beef 1
WG Nacho Chips
Shredded Cheddar Cheese
Shredded Romaine
Fresh Carrot Stick, Ranch Dressing
Chilled Peaches

Turkey Mini Corn Dogs 4
Vegetarian Baked Beans
Fresh Carrots
Ketchup
Ranch Dressing
Fresh Apple

BBQ Chicken Slider 5
Mac & Cheese
WG Hamburger Bun
Jicama, Zucchini Coins
Ranch Dressing
Fresh Banana

Beef Nachos 6
Cheese Sauce
Corn Tortilla Chips
Broccoli
Salsa
Chilled Pineapple

Cheese Stuffed Breadsticks 7
Marinara Dipping Sauce
Vegetable Blend
Fresh Melon

Pizza Hut Cheese Pizza 8
Fresh Pea Pods
Carrot Sticks
Ranch Dressing
Fresh Grapes

Chicken Flatbread Gyro 11
WG Flatbread
Shredded Romaine, Diced Tomatoes
Cucumber Coins
Ranch Dressing & Sour Cream PC
Mandarin Oranges

Beef Tacos 12
Seasoned Black Beans
WG Tortilla
Shredded Cheddar Cheese
Shredded Romaine, Taco Sauce
Fresh Banana

Popcorn Orange Chicken 13
Fried Vegetable Brown Rice
Fresh Broccoli
Ranch Dressing
Orange Sauce
Fresh Melon

BBQ Chicken Meatballs 14
Potato Wedges
Cornbread
Grape Tomatoes
Ketchup
Applesauce

15
NO SCHOOL CONFERENCES

18
NO SCHOOL PRESIDENT'S DAY

Beef Hot Dog 19
WG Hot Dog Bun
Vegetarian Baked Beans
Cauliflower Florets
Ketchup, Ranch Dressing
Fresh Banana

Chicken Drumstick 20
Loaded Mashed Potatoes
Whole Grain Cookie
Kale/Romaine Salad
Italian Dressing
Fresh Strawberries

Turkey Cheeseburger 21
Hamburger Bun, Shredded Lettuce
Roasted Red Potatoes
Fresh Carrots
Ketchup
Fresh Grapes

Pizza Hut Cheese Pizza 22
Fresh Broccoli, Ranch Dressing
Sweet & Sour Dip
Fresh Apple

Meatball Hoagie 25
Meatballs in Marinara Sauce
Hoagie Roll, Shredded Mozzarella Cheese
Tater Tots & Ketchup
Fresh Zucchini & Ranch Dressing
Chilled Pears

Chicken Tacos 26
WG Tortilla
Shredded Cheddar Cheese
Shredded Romaine, Taco Sauce
Refried Beans
Fresh Apple

Chicken Ala King 27
Creamy Mashed Potatoes
WG French Bread
Fresh Broccoli, Ranch Dressing
Fresh Melon
Butter PC

Chicken Patty 28
WG Hamburger Bun
Green Beans
Fresh Carrots, Ranch Dressing
Mayo Packet
Fresh Grapes

My child will take hot lunch EVERY DAY this month.

My child will NOT TAKE any hot lunches this month.

Milk variety served at every meal, fat-free, 1%, or flavored. All breads served are whole grain.

"This institution is an equal opportunity provider."