

JANUARY LUNCH MENU

K-1 do not have the alternate option available

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>Chicken Nachos Corn Tortilla Chips Chicken & Cheese Sauce Salsa & Sour Cream Shredded Romaine Fresh Banana ALTERNATE: Chicken Ranch Wrap</p>	<p>4</p> <p>Mighty Meatball Foldit Meatballs in Marinara Sauce Flatbread Tater Tots & Ketchup Celery Smiles Fresh Apple ALTERNATE: Turkey Club Sub</p>	<p>5</p> <p>French Toast & Syrup Turkey Sausage Seasoned Potato Cubes Fresh Cucumbers Ketchup Chilled Peaches ALTERNATE: Southwest Chicken Wrap</p>	<p>6</p> <p>Toasted Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Mandarin Oranges ALTERNATE: PB&J</p>
<p>9</p> <p>Chicken Nuggets Dipping Sauce WG Dinner Roll w/Butter Mixed Green Salad Cucumbers and Ranch Dressing Fresh Fruit ALTERNATE: *Ham & Cheese Sub</p>	<p>10</p> <p>Chicken & Gravy Loaded Mashed Potatoes Zucchini Coins Ranch Dressing Fresh Banana Giant Graham Cracker ALTERNATE: Chicken Ranch Wrap</p>	<p>11</p> <p>Cheesy Breadstick Dippers Marinara Dipping Sauce Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>12</p> <p>*Pulled Pork Slider Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Applesauce ALTERNATE: PB&J</p>	<p>13</p> <p>NO SCHOOL</p>
<p>16</p> <p>NO SCHOOL MLK Day</p>	<p>17</p> <p>Beef Tacos Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream Fresh Apple ALTERNATE: Buffalo Chicken Wrap</p>	<p>18</p> <p>Creamy Chicken Alfredo Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Dinner Roll Fresh Melon ALTERNATE: Roast Turkey And Cheese Sandwich</p>	<p>19</p> <p>BBQ Meatballs Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes ALTERNATE: Turkey Ham & Cheese Sub</p>	<p>20</p> <p>Cheese Pizza Fresh Seasonal Vegetables Ranch Dressing Steamed Green Beans Pineapple Chunks ALTERNATE: PB&J</p>
<p>23</p> <p>Chicken Tenders BBQ Sauce Green Beans Carrot Sticks & Ranch Dressing Fresh Apple ALTERNATE: *Ham & Cheese Sub</p>	<p>24</p> <p>Cheeseburger Hamburger Bun Fresh Zucchini Oven Baked French Fries w/Ketchup Ranch Dressing & Ketchup Fresh Grapes ALTERNATE: Chicken Ranch Wrap</p>	<p>25</p> <p>French Bread Dippers Marinara Sauce Vegetarian Baked Beans Fresh Broccoli & Ranch Dressing Fresh Orange ALTERNATE: Turkey Club Sub</p>	<p>26</p> <p>Crunchy Popcorn Chicken w/Dipping Sauce Brown Rice Pilaf Celery and Grape Tomatoes Ranch Dressing Fresh Banana ALTERNATE: Southwest Chicken Wrap</p>	<p>27</p> <p>NO SCHOOL</p>
<p>30</p> <p>Crispy Chicken on a Bun Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears ALTERNATE: Italian Cold Cut Combo</p>	<p>31</p> <p>Corn Dogs Vegetarian Baked Beans Romaine Salad French Dressing Ketchup Fresh Banana ALTERNATE: Buffalo Chicken Wrap</p>			

Limited quantities of alternate meals offered daily and may not be available to every student

MILK VARIETY SERVED AT EVERY MEAL. ALL BREADS SERVED ARE WHOLE GRAIN.

*Item Contains Pork. Lancer Dining Services does not use products containing peanuts or tree nuts.

"This institution is an equal opportunity provider."