



**October 2011 School Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Details:</b> LDS menus follow the USDA Child Nutrition program and student preferences. We serve lean, quality meats with little or no trans fats and a minimal amount of added sugar or salt. Breads are delivered fresh daily from a local bakery using whole wheat flour in most products.</p> <p><b>Locally-Grown Produce:</b> At Lancer as part of our "Commitment to Quality" we work with our distributors and vendors to source locally produced sustainable products. The following will be utilized in September when available: Potatoes, Tomatoes, Zucchini Squash</p> <p><b>Lunch Options:</b> Traditional Hot Lunch Garden Salad Chef Salad Traditional Caesar Salad</p> <p><b>Commitment to Quality</b> Lancer Dining does not use any products that contain pork, peanuts, or peanut oil. All products are baked or steamed, never fried.</p>	<p>3</p> <p><b>Conferences</b></p> <p><b>No School</b></p>	<p>3</p> <p><b>Conferences</b></p> <p><b>No School</b></p>	<p>5</p> <p>Juicy Hamburger on Whole Grain Bun Fresh Broccoli with Ranch Baked Beans Fresh Apple Whole Grain Giant Goldfish Graham</p>	<p>6</p> <p>Turkey Breast BBQ on Whole Grain Bun Potato Salad Cantaloupe Wedge Whole Grain Choc. Chip Cookie</p>	<p>7</p> <p><b>PIZZA</b> <b>Fresh Vegetable</b> <b>Fresh Fruit</b></p>
	<p>10</p> <p>Chicken Drumstick Steamed Broccoli Diced Peaches Whole Grain Biscuit Jelly Packet Whole Grain Giant Goldfish Graham</p>	<p>11</p> <p>Spaghetti with Italian Meat Sauce Rotini Pasta Fresh Fruit (Vit. C source) Romaine Salad Ranch Dressing Whole Grain Breadstick</p>	<p>12</p> <p>Chicken Nuggets Ketchup Baked French Fries Fresh Orange Whole Grain Oatmeal Bar</p>	<p>13</p> <p>Beef Hot Dog Whole Grain Hot Dog Bun Ketchup Sweet Potato Puffs Fresh Grapes Pretzel Snack</p>	<p>14</p> <p><b>PIZZA</b> <b>Fresh Vegetable</b> <b>Fresh Fruit</b></p>
	<p>17</p> <p>Turkey &amp; Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Cranberry Bar</p>	<p>18</p> <p>Meatball Sub With Marinara Sauce Mozzarella Cheese Fresh Zucchini Squash Ranch Dressing Banana Soft Pretzel (grades 7-12)</p>	<p>19</p> <p>Popcorn Chicken Wrap Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Ranch Dressing Fresh Fruit (Vit C. source) Red Beans &amp; Rice</p>	<p>20</p> <p><b>MEA</b> <b>No</b> <b>School</b></p>	<p>21</p> <p><b>MEA</b> <b>No</b> <b>School</b></p>
	<p>24</p> <p>Spaghetti and Italian Meat Sauce Diced Pears Whole Grain Oatmeal Bar</p>	<p>25</p> <p>Turkey Corn Dog Baked Potato Wedges With Ketchup Four Bean Salad Fresh Orange Whole Grain Biscuit &amp; Jelly</p>	<p>26</p> <p>Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits Whole Grain Corn Chips (grades 4-12) Whole Grain Oatmeal Bar (grades 7-12)</p>	<p>27</p> <p>Chicken Drumstick Brown Rice Pilaf Fresh Grapes Fresh Baby Carrots and Ranch Whole Grain Giant Goldfish Graham</p>	<p>28</p> <p><b>PIZZA</b> <b>Fresh Vegetable</b> <b>Fresh Fruit</b></p>
	<p>31</p> <p>Chicken Ala King on Brown Rice Pilaf Fresh Baby Carrots Fresh Apple Whole Grain Biscuit (grades 7-12)</p>	<p><b>November 1</b></p> <p>Juicy Cheeseburger on Whole Grain Bun Black Bean &amp; Corn Salad Sliced Dill Pickles Banana Sweet Potato Fries and Ketchup</p>	<p>2</p> <p>Beef Tacos Whole Wheat Tortillas Romaine Lettuce Shredded Cheddar Cheese Salsa Cantaloupe Wedge Refried Beans Fluffy White Rice</p>	<p>3</p> <p>Cheese Omelet Tator Rounds and Ketchup Fresh whole Grain Blueberry Bar 100% Fruit Juice</p>	<p>4</p> <p><b>PIZZA</b> <b>Fresh Vegetable</b> <b>Fresh Fruit</b></p>