



**November 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 October when available: Potatoes, Tomatoes, Zucchini Squash</p> <p><b>Lunch Options:</b> Traditional Hot Lunch Chef or Garden 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. For more information about LDS visit <a href="http://www.lancerdining.com">www.lancerdining.com</a> Menu subject to change.</p>	31-Oct	1-Nov	2	3	4
	Chicken Ala King on Brown Rice Pilaf Fresh Baby Carrots Fresh Apple Cranberry Relish Whole Grain Biscuit (grades 7-12)	Juicy Cheeseburger on Whole Grain Bun Ketchup & Pickle slices Black Bean & Corn Salad Sweet Potato Fries Banana	Beef Tacos Whole Wheat Tortillas Romaine Lettuce Shredded Cheddar Cheese Salsa Cantaloupe Wedge Brown Rice (grades 4-12) Refried Beans (grades 7-12)	Cheese Omelet Tator Rounds and Ketchup Whole Grain Blueberry Bar 100% Fruit Juice	Pizza Fresh Fruit Fresh Vegetable
	7	8 <b>Election Day</b>	9	10	11 <b>Veterans Day</b>
	Meatballs in Brown Gravy Mashed Sweet Potato Fruit Cocktail Soft Pretzel Nacho Cheese Sauce (grades 7-12)	Chicken Taco Salad Corn Tortilla Chips Chopped Romaine Cheddar Cheese & Salsa Brown Rice Pilaf Fresh Banana	Juicy Cheeseburger on Whole Grain Bun Fresh Broccoli & Ranch Baked Beans Fresh Apple Ketchup & Pickles Slices Giant Goldfish Graham (grade 7-12)	NO SCHOOL	NO SCHOOL
	14	15	16	17	18
	Glazed Chicken Drumstick Brown Rice Pilaf (grades 4-12) Fresh Carrots Diced Peaches Whole Grain Blueberry Bar (all grades except 4-6)	Rotini Pasta with Italian Meat Sauce Fresh Fruit (Vit. C Source) Romaine Salad Ranch Dressing Whole Grain Breadstick (grades 4-12)	Chicken Nuggets Baked French Fries Ketchup Fresh Fruit (Vit C. Source) Whole Grain Oatmeal Bar (grades 7-12)	All Beef Hot Dog on Whole Grain Bun Ketchup Sweet Potato Puffs Fresh Grapes Tiny Pretzel Twists	Pizza Fresh Fruit Fresh Vegetable
	21	22	23	24	25
Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Cranberry Bar	Meatball Sub With Marinara Sauce Mozzarella Cheese Fresh Zucchini Squash Banana Soft Pretzel (grades 7-12)	NO SCHOOL	 NO SCHOOL	NO SCHOOL	
28	29	30	Dec. 1	2	
Beef Penne Rustica Diced Pears Whole Grain Oatmeal Bar Whole Grain Breadstick (grades 7-12)	Turkey Corn Dog Baked Potato Wedges With Ketchup Four Bean Salad Fresh Fruit (Vit. C Source) Whole Grain Chocolate Chip Cookie	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)			