



December 2011 School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Details: 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>Locally-Grown Produce: 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 December when available: Potatoes, Apples & Zucchini Squash</p> <p>Lunch Options: Traditional Hot Lunch Chef or Garden Salad</p> <p>Commitment to Quality 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 www.lancerdining.com Menu subject to change.</p>	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)	Glazed Chicken Drumstick Brown Rice Pilaf Fresh Grapes Fresh Baby Carrots Ranch Dressing Giant Goldfish Graham (grade 7-12)	Pizza Fresh Fruit Fresh Vegetable
	5	6	7	8	9
	Chicken Ala King on Brown Rice Pilaf Fresh Baby Carrots Fresh Apple Cranberry Relish Whole Grain Biscuit (grades 7-12)	Cheeseburger on Whole Grain Bun Ketchup & Pickle Slices Black Bean & Corn Salad Sweet Potato Fries Banana	Beef Tacos Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Salsa Cantaloupe Wedge Brown rice (grades 4-12) Refried Beans (grades 7-12)	Cheese Omelet Baked Tator Tots Ketchup Whole Grain Bar 100% Fruit Juice	 Pizza Fresh Fruit Fresh Vegetable
	12	13	14	15	16
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)	Turkey Breast BBQ on Whole Grain Bun Potato Salad Fresh Cantaloupe Wedge	Pizza Fresh Fruit Fresh Vegetable	
19	20	21	22	23	
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	NO SCHOOL	
26	27	28	29	30	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	