



**February 2012 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 February when available: Potatoes, Apples &amp; 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>	<b>Jan. 30</b> Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Cranberry Bar	<b>31</b> Meatball Sub Whole Grain Sub Bun Mozzarella Cheese Fresh Zucchini Squash Banana Soft Pretzel (grades 7-12)	<b>Feb. 1</b> Popcorn Chicken Wrap Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Ranch Dressing Fresh Fruit (Vit C. Source) Red Beans & Rice	<b>2</b> BBQ Beef Riblet Whole Grain Bun Fresh Broccoli Salad Fruit Cocktail Chocolate Pudding	<b>3</b> Cheese Pizza Fresh Vegetable Fresh Fruit
	<b>6</b> Rotini Pasta with Italian Meat Sauce Diced Pears Whole Grain Bar	<b>7</b> Turkey Corn Dog Baked Potato Wedges With Ketchup Four Bean Salad Fresh Fruit (Vit. C Source) Whole Grain Chocolate Chip Cookie	<b>8</b> Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits Whole Grain Corn Chips (grades 4-12) Whole Grain Bar (grades 7-12)	<b>NEW</b> <b>9</b> Turkey Egg Roll Fried Brown Rice Fresh Baby Carrots Ranch Dressing Fresh Fruit Giant Goldfish Graham (grade 7-12)	<b>10</b> Cheese Pizza Fresh Vegetable Fresh Fruit
	<b>NEW</b> <b>13</b> Chicken Chow Mein Casserole Fresh Baby Carrots Fresh Apple Whole Grain Bar	<b>14</b> Cheeseburger on Whole Grain Bun Ketchup & Pickle Slices Black Bean & Corn Salsa Whole Grain Corn Chips Sweet Potato Fries Banana	<b>15</b> Beef Tacos Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Salsa Cantaloupe Wedge Refried Beans (grades 7-12)	<b>16</b> Cheese Omelet Baked Tator Tots Ketchup Whole Grain Bar 100% Fruit Juice	<b>17</b> Cheese Pizza Fresh Vegetable Fresh Fruit
	<b>20</b> Meatballs in Brown Gravy Mashed Sweet Potato Fruit Cocktail Soft Pretzel Nacho Cheese Sauce (grades 7-12)	<b>21</b> Chicken Taco Salad Corn Tortilla Chips Chopped Romaine Cheddar Cheese & Salsa Brown Rice Fresh Banana	<b>NEW</b> <b>22</b> Juicy Cheeseburger on Whole Grain Bun Ketchup & Pickles Slices Steamed Green Beans Orange Quinoa Salad Fresh Apple Giant Goldfish Graham (grades 4-12)	<b>23</b> Turkey Breast BBQ on Whole Grain Bun Potato Salad Fresh Cantaloupe Wedge Whole Grain Bar (grades 4-12)	<b>24</b> Cheese Pizza Fresh Vegetable Fresh Fruit
	<b>27</b> Glazed Chicken Drumstick Brown Rice Pilaf (grades 4-12) Fresh Carrots Diced Peaches Whole Grain Bar (all grades except 4-6)	<b>28</b> Rotini Pasta with Italian Meat Sauce Fresh Fruit (Vit. C Source) Romaine Salad Ranch Dressing Whole Grain Breadstick (grades 4-12)	<b>NEW</b> <b>29</b> Chicken Nuggets & Ketchup Au Gratin Potatoes Fresh Fruit (Vit C. Source) Whole Grain Bar (grades 7-12)		<b>2</b>