



March 2012 School Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| <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 March when available:</p> <p>Lunch Options: Traditional Hot Lunch Vegetarian Chef or Garden Salad Pizza Friday's</p> <p>February Menu Order's are due by February 17th!!</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> | Feb. 27 | 28 | 29 | 1-Mar | 2 |
| | Glazed Chicken Drumstick Brown Rice Pilaf Fresh Carrots Diced Peaches Whole Grain Bar | Rotini Pasta with Italian Meat Sauce Fresh Fruit (Vit. C Source) Romaine Salad Ranch Dressing Whole Grain Breadstick | Chicken Nuggets & Ketchup Au Gratin Potatoes Fresh Fruit (Vit C. Source) Whole Grain Bar | All Beef Hot Dog on Whole Grain Bun Ketchup Sweet Potato Puffs Fresh Grapes Tiny Pretzel Twists | Cheese Pizza Fresh Vegetable Fresh Fruit |
| | 5 | 6 | 7 | 8 | 9 |
| | Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Cranberry Bar | Meatball Sub Whole Grain Sub Bun Mozzarella Cheese Fresh Zucchini Squash Banana | Popcorn Chicken Wrap Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Ranch Dressing Fresh Fruit (Vit C. Source) Red Beans & Rice | BBQ Beef Riblet Whole Grain Bun Fresh Broccoli Salad Fruit Cocktail Chocolate Pudding | Cheese Pizza Fresh Vegetable Fresh Fruit |
| | 12 | 13 | 14 | 15 | 16 |
| | No School Conferences | No School Conferences | Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits Whole Grain Corn Chips Whole Grain Bar | Turkey Egg Roll Sweet & Sour Sauce Fried Brown Rice Fresh Baby Carrots Ranch Dressing Fresh Fruit Giant Goldfish Graham | Cheese Pizza Fresh Vegetable Fresh Fruit |
| 19 | 20 | 21 | 22 | 23 | |
| Chicken Chow Mein Casserole Fresh Baby Carrots Fresh Apple Whole Grain Bar | Juicy Hamburger Whole Grain Bun Ketchup & Pickle Slices Vegetarian Baked Beans Whole Grain Corn Chips Sweet Potato Fries Banana | Beef Tacos Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Salsa Cantaloupe Wedge Refried Beans Brown Rice | Cheese Omelet Baked Tator Tots Ketchup Whole Grain Bar Strawberry Fruit Cup | Cheese Pizza Fresh Vegetable Fresh Fruit | |
| 26 | 27 | 28 | 29 | 30 | |
| Meatballs in Brown Gravy Mashed Sweet Potato Fruit Cocktail Soft Pretzel Nacho Cheese Sauce | Chicken Taco Salad Corn Tortilla Chips Chopped Romaine Cheddar Cheese & Salsa Brown Rice Fresh Banana | Juicy Cheeseburger on Whole Grain Bun Ketchup & Pickles Slices Steamed Green Beans Orange Quinoa Salad Fresh Apple Giant Goldfish Graham | Turkey Breast BBQ on Whole Grain Bun Potato Salad Fresh Cantaloupe Wedge Whole Grain Bar | Cheese Pizza Fresh Vegetable Fresh Fruit | |

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