



February 2012 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 February when available: Potatoes, Apples & Zucchini Squash</p> <p>Lunch Options: Traditional Hot Lunch Vegetarian Chef or Garden Salad Traditional Caesar Salad Deli Sandwich Pizza Program</p> <p>Deli Sandwich: Week 1: Oven Roasted Turkey Week 2: Chicken Salad Week 3: Egg Salad Week 4: Chicken Caesar Wrap Week 5: Turkey, Ham & Cheese</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>	<p>Jan. 30</p> <p>Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Cranberry Bar</p> <p>Deli Week 5</p>	<p>31</p> <p>Meatball Sub Whole Grain Sub Bun Mozzarella Cheese Fresh Zucchini Squash Banana Soft Pretzel (grades 7-12)</p>	<p>Feb. 1</p> <p>Popcorn Chicken Wrap Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Ranch Dressing Fresh Fruit (Vit C. Source) Red Beans & Rice</p>	<p>2</p> <p>BBQ Beef Riblet Whole Grain Bun Fresh Broccoli Salad Fruit Cocktail Chocolate Pudding</p>	<p>3</p> <p>Breaded Chicken Patty & Ranch Dressing Whole Grain Bun Fresh Baby Carrots Honeydew Melon Wedge Oatmeal Raisin Cookie (grades 7-12) Am. Cheese (grades 7-12)</p>
	<p>6</p> <p>Rotini Pasta with Italian Meat Sauce Diced Pears Whole Grain Bar</p> <p>Deli Week 1</p>	<p>7</p> <p>Turkey Corn Dog Baked Potato Wedges With Ketchup Four Bean Salad Fresh Fruit (Vit. C Source) Whole Grain Chocolate Chip Cookie</p>	<p>8</p> <p>Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits Whole Grain Corn Chips Whole Grain Bar (grades 7-12)</p>	<p>9</p> <p>NEW Turkey Egg Roll Fried Brown Rice Fresh Baby Carrots Ranch Dressing Fresh Fruit Giant Goldfish Graham (grade 7-12)</p>	<p>10</p> <p>NEW Baja Fish Taco's Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Ranch Dressing Apricots</p>
	<p>13</p> <p>NEW Chicken Chow Mein Casserole Fresh Baby Carrots Fresh Apple Whole Grain Bar</p> <p>Deli Week 2</p>	<p>14</p> <p>Juicy Hamburger Whole Grain Bun Ketchup & Pickle Slices Black Bean & Corn Salsa Whole Grain Corn Chips Sweet Potato Fries Banana</p>	<p>16</p> <p>Beef Tacos Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Salsa Cantaloupe Wedge Refried Beans (grades 7-12) Brown Rice (grades 4-12)</p>	<p>17</p> <p>Cheese Omelet Baked Tator Tots Ketchup Whole Grain Bar Strawberry Fruit Cup</p>	<p>17</p> <p>NO SCHOOL</p>
	<p>20</p> <p>NO SCHOOL</p>	<p>21</p> <p>Chicken Taco Salad Corn Tortilla Chips Chopped Romaine Cheddar Cheese & Salsa Brown Rice Fresh Banana</p>	<p>22</p> <p>NEW Juicy Cheeseburger on Whole Grain Bun Ketchup & Pickles Slices Steamed Green Beans Orange Quinoa Salad Fresh Apple Giant Goldfish Graham (grades 4-12)</p>	<p>23</p> <p>AP SCHOOL DAY Turkey Breast BBQ on Whole Grain Bun Potato Salad Fresh Cantaloupe Wedge Whole Grain Bar (grades 4-12)</p>	<p>24</p> <p>AP SCHOOL DAY French Toast Maple Syrup Turkey Sausage Links Pineapple Tidbits Fresh Carrots</p>
	<p>27</p> <p>Glazed Chicken Drumstick Brown Rice Pilaf (grades 4-12) Fresh Carrots Diced Peaches Whole Grain Bar</p> <p>Deli Week 4</p>	<p>28</p> <p>Rotini Pasta with Italian Meat Sauce Fresh Fruit (Vit. C Source) Romaine Salad Ranch Dressing Whole Grain Breadstick (grades 4-12)</p>	<p>29</p> <p>NEW Chicken Nuggets & Ketchup Au Gratin Potatoes Fresh Fruit (Vit C. Source) Whole Grain Bar (grades 7-12)</p>	<p>1-Mar</p> <p>All Beef Hot Dog on Whole Grain Bun Ketchup Sweet Potato Puffs Fresh Grapes Tiny Pretzel Twists</p>	<p>2</p> <p>Chili Con Carne Fresh Baked Corn Bread Romaine Salad Ranch Dressing Tropical Fruit Salad Physedibles Baked Whole Grain Crackers (grades 7-12)</p>