

Menu Subject to Change

AGAMIM K - 8 NOVEMBER LUNCH MENU

2018-2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1st	2nd
Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings. Please visit dining.lancerhospitality.com for more information.			BBQ Chicken Meatballs Potato Wedges Combread Grape Tomatoes Applesauce Ketchup ALTERNATE: Cheese Omelet (1 ea.)	Pizza Tossed Spinach Sliced Zucchini Fresh Orange French Dressing
5th	6th	7th	8th	9th
French Toast Turkey Sausage Celery Sticks Chilled Tropical Fruit Calypso Crush Veggie Juice Syrup ALTERNATE: Cheese Omelet (1 ea.)	Beef Hot Dog Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing ALTERNATE: Hummus (1/4 c.) & Cheese (2 slices)	Chicken Drumstick Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing ALTERNATE: Garden Burger w/ Veg Gravy (1 ea.)	Turkey Cheeseburger Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup ALTERNATE: Grilled Cheese Sandwich (1 ea.)	Teriyaki Chicken Chicken Egg Roll WG Slider Bun Fresh Broccoli Fresh Apple Sweet & Sour Dip Ranch Dressing ALTERNATE: Teriyaki Tofu (1/2 c.) Hamburger Bun & Carrots (1/4 c.)
12th	13th	14th	15th	16th
Meatball Hoagie Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Tri Taters & Ketchup Fresh Zucchini & Ranch Chilled Pears ALTERNATE: Lasagna Rolls w/ Marinara Sauce (2 ea.)	Chicken Tacos WG Tortilla Shredded Cheddar Cheese Shredded Romaine Refried Beans Fresh Apple Taco Sauce ALTERNATE: Cheese Quesadilla (2 ea.)	Chicken Ala King Creamy Mashed Potato WG Tea Biscuit Fresh Broccoli Fresh Melon Butter PC Ranch Dressing ALTERNATE: Garden Burger w/ Veg Gravy (1 ea.)	Chicken Patty Green Beans WG Hamburger Bun Fresh Carrots Fresh Melon Ranch Dressing Mayo Packet ALTERNATE: Grilled Cheese Sandwich (1 ea.)	Pizza Hut Pizza Day Choicees of: Cheese, Veggie, or Chicken Grape Tomatoes Sliced Romaine & Iceberg Salad Fresh Orange Ranch Dressing
19th	20th	21st	22nd	23rd
Cheeseburger Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing ALTERNATE: Garden Burger (1 ea.)	BBQ Beef Riblet Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing ALTERNATE: Hummus (1/4 c.) & Cheese (2 slices)	Chicken Alfredo WG Penne Pasta WG Tea Biscuit & Butter PC Romaine Salad Celery Sticks Fresh Orange Italian Dressing ALTERNATE: Cheesy Alfredo Sauce (1/2 c.)	HAPPY THANKSGIVING	CLOSED
26th	27th	28th	29th	30th
Turkey Mini Corn Dogs Vegetarian Baked Beans Fresh Carrots Fresh Apple Ketchup Ranch Dressing ALTERNATE: Garden Burger (1 ea.)	BBQ Chicken Slider Mac & Cheese WG Hamburger Bun Jicama Zucchini Coins Fresh Banana Ranch Dressing ALTERNATE: Mac & Cheese (2/3 c.)	Beef Nachos Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Salsa ALTERNATE: Seasoned Pinto Beans (1/4 c.)	Cheese Stuffed Breadsticks Marinara Dipping Sauce Vegetable Blend Fresh Melon	Italian Meatsauce WG Penne Pasta Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing ALTERNATE: Lasagna Rolls w/ Marinara Sauce (2 ea.)

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.