

Name \_\_\_\_\_  
CIRCLE DATE OR WRITE IN AN OPTION GIVEN BELOW IF ORDERING A LANCER LUNCH

Lancer Options: (K-8) Bag A: Cold Cut Sandwich; Bag B: PJ Sandwich

Gr. 4-8 ONLY: Garden or Ceasar Chicken Salad

PLEASE RETURN THIS MENU TO SCHOOL BY 4/24/17

# LANCER

## DINING SERVICES

<b>Menu Subject to Change</b>					<b>May Our Savior School Lunch</b>					<b>Grades K - 8</b>					<b>2016-2017</b>				
Monday		Tuesday		Wednesday		Thursday		Friday											
1st		2nd		3rd		4th		5th											
<b>Beef Hot Dog on a Bun</b> Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Fresh Grapes		<b>Chicken &amp; Gravy</b> Loaded Mashed Potato Zucchini Coins Fresh Banana Giant Graham Cracker Ranch Dressing		<b>*New French Bread Dipper</b> <b>Marinara Dipping Sauce</b> Spinach Green Salad Baby Carrots Italian Dressing Chilled Mixed Fruit		<b>BBQ Chicken Slider</b> Mac & Cheese Fresh Broccoli & Carrots Fresh Melon Ranch Dressing		<b>Beef Nachos</b> Corn Tortilla Chips Shredded Romaine Cucumbers and Ranch Dressing Fresh Apple Salsa  <b>Gr. 5-8 LHS Track Meet</b>											
8th		9th		10th		11th		12th											
<b>Pizza Burger Flatbread</b> with Shredded Mozzarella Baby Carrots Hummus Fresh Orange		<b>Beef Tacos</b> Whole Grain Tortilla Shredded Cheese Shredded Romaine Lettuce Refried Beans, Taco Sauce, Sour Cream Fresh Apple		<b>Creamy Chicken Alfredo</b> <b>Penne Pasta</b> Romaine Salad & Italian Dressing Baby Carrots Fresh Melon Dinner Roll		<b>BBQ Beef Meatballs</b> Fresh Broccoli Potato Wedges & Ketchup Cornbread Fresh Grapes		<b>OSS PLAY DAY</b> <b>Food Trucks</b>											
15th		16th		17th		18th		19th											
<b>Chicken Tenders</b> BBQ Sauce Green Beans Carrot Sticks & Ranch Fresh Apple		<b>Cheeseburger</b> Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Fresh Grapes Ranch & Ketchup		<b>Chicken Drumstick</b> Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Fresh Orange Whole Grain Cookie		<b>Crunchy Orange Chicken</b> Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Fresh Banana Ranch Dressing		<b>Cheese Pizza</b> Kale & Romaine Salad & Italian Dressing Garlic Toast Chilled Fruit Cup											
22nd		23rd		24th		25th		26th											
<b>Crispy Chicken on a Bun</b> Grape Tomatoes & Ranch Dressing Steamed Corn Chilled Pears		<b>Mini Turkey Corn Dogs</b> Vegetarian Baked Beans Romaine Salad French Dressing Fresh Banana Ketchup		<b>Sweet &amp; Sour Chicken Meatballs</b> Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Celery Smiles Fresh Melon		<b>Roast Turkey &amp; Gravy</b> Buttermilk Biscuit Glazed Carrots Fresh Sugar Snap Peas Applesauce Cup		<b>Italian Meatsauce over Penne Pasta</b> Mixed Green Salad Fresh Apple Ranch Dressing											
29th		30th		31st		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 <a href="http://dining.lancerhospitality.com">dining.lancerhospitality.com</a> for more information.		<b>Chicken Taco</b> Whole Grain Tortilla Shredded Cheddar Cheese Chipotle Style Black Beans Shredded Romaine Fresh Banana Taco Sauce		<b>Mighty Meatball Foldit</b> Beef Meatballs in Marinara Sauce Flatbread Shredded Mozzarella Cheese Fresh Apple Oven French Fries & Ketchup Celery Smiles		<b>Turkey Cheeseburger</b> Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Fresh Strawberries Ketchup		<b>BBQ Beef Riblet</b> Hoagie Bun Fresh Broccoli Steamed Carrots Mandarin Oranges  <b>LAST DAY OF SCHOOL</b> <b>11AM K-8 EARLY RELEASE</b>											

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED.

This institution is an equal opportunity provider.