

CHILDCARE OCTOBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>WG French Toast 1 Turkey Sausage Pancake Syrup *Fresh Celery Chilled Tropical Fruit *Blanched Carrots for Toddlers</p>	<p>WG Beef Ravioli 2 WG Tea Biscuit *Cauliflower Florets Ranch Dressing Fresh Banana *Blanched Cauliflower for Toddlers</p>	<p>Grilled Chicken Breast 3 Loaded Mashed Potatoes WG Tea Biscuit *Fresh Strawberries *Diced Peaches for Toddlers</p>	<p>Turkey Cheeseburger 4 WG Slider Bun Roasted Red Potatoes Ketchup Mandarin Oranges</p>	<p>Teriyaki Chicken 5 WG Hamburger Bun *Fresh Broccoli Ranch Dressing *Fresh Apple *Blanched Broccoli for Toddlers *Applesauce for Toddlers</p>
<p>Meatball Hoagie 8 Beef Meatballs in Marinara Sauce WG Hot Dog Bun Shredded Mozzarella Cheese Tater Tots Ketchup Chilled Pears</p>	<p>Chicken Tacos 9 Whole Grain Tortilla Shredded Cheddar Cheese & Mild Salsa *Shredded Romaine Lettuce *Fresh Apple *Blanched Carrots for Toddlers *Applesauce for Toddlers</p>	<p>Chicken Ala King 10 Creamy Mashed Potatoes WG French Bread Butter PC *Fresh Melon *Diced Pears for Toddlers</p>	<p>WG Crispy Chicken Patty 11 WG Slider Bun Green Beans Peaches</p>	<p>Italian Seasoned Beef 12 WG Garlic Toast *Sliced Romaine & Iceberg Salad Ranch Dressing Mozzarella Cheese *Fresh Apple *Blanched Broccoli for Toddlers *Mandarin Oranges for Toddlers</p>
<p>Cheeseburger 15 WG Slider Bun Ketchup Vegetarian Baked Beans *Fresh Carrots *Fresh Apple *Blanched Carrots for Toddlers *Applesauce for Toddlers</p>	<p>BBQ Beef Riblet 16 Glazed Carrots WG Hot Dog Bun Fresh Banana</p>	<p>Creamy Chicken Alfredo 17 WG Penne Pasta *Romaine Salad & Italian Dressing *Craisins *Blanched Broccoli for Toddlers *Mandarin Oranges for Toddlers</p>	<p>Chicken Strips with WG Breading 18 BBQ Dipping Sauce Steamed Corn *Fresh Melon *Diced Pears for Toddlers</p>	<p>Walking Tacos 19 *WG Nacho Chips Shredded Cheddar Cheese *Fresh Carrot Sticks Ranch Dressing Chilled Peaches *Flour Tortilla for Toddlers *Blanched Carrots for Toddlers</p>
<p>Beef Sloppy Joes 22 WG Slider Bun Vegetarian Baked Beans *Fresh Apple *Applesauce for Toddlers</p>	<p>BBQ Chicken Slider 23 Macaroni & Cheese WG Slider Bun *Zucchini Coins Ranch Dressing Fresh Banana *Blanched Zucchini for Toddlers</p>	<p>Beef Tacos 24 WG Tortilla Shredded Cheddar Cheese Mild Salsa Broccoli Chilled Pineapple *Blanched Broccoli for Toddlers</p>	<p>WG Cheese Stuffed Breadsticks 25 Marinara Dipping Sauce Vegetable Blend *Fresh Melon *Diced Peaches for Toddlers</p>	<p>Italian Meatsauce over WG Penne Pasta 26 *Fresh Carrot Sticks Ranch Dressing *Fresh Orange *Blanched Carrots for Toddlers *Mandarin Oranges for Toddlers</p>
<p>Chicken Gyro 29 WG Flatbread Fresh Cucumbers Shredded Romaine Mandarin Oranges *Blanched Zucchini for Toddlers</p>	<p>Beef Tacos 30 WG Tortilla Shredded Cheddar Cheese *Shredded Romaine Mild Salsa Fresh Banana *Blanched Broccoli for Toddlers</p>	<p>Popcorn Orange Chicken 31 Fried Vegetable Brown Rice Orange Sauce Ranch Dressing *Fresh Broccoli *Fresh Melon *Blanched Broccoli for Toddlers *Pineapple Tidbits for Toddlers</p>	<p>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.</p>	

MILK VARIETY SERVED AT EVERY MEAL. ALL BREADS SERVED ARE WHOLE GRAIN.

"This institution is an equal opportunity provider."

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*This menu follows the guidelines for NAEYC Accreditation