

CHILDCARE MARCH LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

FRESH FAVORITE



GRAPES

Concord grapes are the only variety native to North America, 98% of which are grown in California. If left to grow, a grape vine can get over 50 feet long. These "berries" contain many vitamins, minerals and polyphenols which may lower cholesterol levels and risk of heart disease and cancer.

			<p>Popcorn Orange Chicken 1 Vegetable Brown Fried Rice *Kohlrabi Sticks and Ranch Dressing Chilled Peaches *Blanched Carrots for Toddlers</p>	<p>Walking Tacos 2 Seasoned Beef, *Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine *Fresh Melon *Flour Tortillas for Toddlers *Pineapple Tidbits for Toddlers</p>
<p>Crispy Chicken on a Bun 5 Steamed Corn Chilled Pears</p>	<p>Beef Sloppy Joes 6 Vegetarian Baked Beans Fresh Banana</p>	<p>BBQ Beef Riblet 7 Hoagie Roll Glazed Carrots Applesauce</p>	<p>Sweet & Sour Chicken Meatballs 8 Vegetable Brown Rice *Fresh Broccoli & Ranch Dressing Fresh Melon *Blanched Broccoli for Toddlers</p>	<p>Italian Meatsauce over Penne Pasta 9 *Mixed Green Salad w/Ranch Dressing *Fresh Apple *Applesauce for Toddlers *Green Beans for Toddlers</p>
<p>French Toast & Syrup 12 Turkey Sausage *Fresh Cucumbers Chilled Peaches *Blanched Zucchini for Toddlers</p>	<p>Chicken Tacos 13 Whole Grain Tortilla Shredded Cheddar Cheese & Mild Salsa *Shredded Romaine Fresh Banana *Steamed Corn for Toddlers</p>	<p>Meatball Hoagie 14 Beef Meatballs in Marinara Sauce Shredded Mozzarella Cheese *Fresh Apple Tater Tots & Ketchup *Applesauce for Toddlers</p>	<p>Turkey Cheeseburger 15 Hamburger Bun Roasted Red Potatoes *Fresh Strawberries *Diced Pears for Toddlers</p>	<p>Garlic Cheese Pizza Bread 16 Marinara Sauce *Kale & Romaine Salad & Italian Dressing *Fresh Orange *Steamed Broccoli for Toddlers *Mandarin Oranges for Toddlers</p>
<p>Beef Ravioli 19 Dinner Roll *Jicama Sticks & Ranch Dressing Chilled Mixed Fruit *Steamed Green Beans for Toddlers</p>	<p>Chicken & Gravy 20 Creamy Mashed Potatoes Bread & Butter Fresh Banana</p>	<p>BBQ Chicken Slider Mac & Cheese 21 *Fresh Broccoli & Ranch Dressing *Fresh Apple *Blanched Broccoli for Toddlers *Applesauce for Toddlers</p>	<p>Cheese Stuffed Breadsticks 22 Marinara Dipping Sauce *Spinach Salad w Dresssing *Fresh Orange *Steamed Peas for Toddlers *Mandarin Oranger for Toddlers</p>	<p>Cheeseburger Meatloaf 23 Slider Bun Steamed Carrots *Fresh Melon *Diced Peaches for Toddlers</p>
<p>Sabino's Pizza Burger 26 Italian Seasoned Beef on Garlic Toast *Baby Carrots *Fresh Orange *Blanched Carrots for Toddlers *Mandarin Oranges for Toddlers</p>	<p>BBQ Beef Meatballs 27 Potato Wedges & Ketchup Cornbread Tropical Fruit</p>	<p>Creamy Chicken Alfredo Penne Pasta 28 *Romaine Salad & Italian Dressing *Fresh Melon *Blanched Carrots for Toddlers *Diced Pears for Toddlers</p>	<p>Beef Tacos 29 Whole Grain Tortilla Shredded Cheddar Cheese & Mild Salsa *Shredded Romaine Lettuce *Fresh Apple *Steamed Corn for Toddlers *Applesauce for Toddlers</p>	<p>Teriyaki Chicken Sandwich 30 *Crunchy Cauliflower Florets Chilled Pineapple *Steamed Cauliflower for Toddlers</p>

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

"This institution is an equal opportunity provider."

naeyc

*This menu follows the guidelines for NAEYC Accreditation