

## October 2011 School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Details:</b> 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><b>Locally-Grown Produce:</b> 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 October when available: Potatoes, Tomatoes, Zucchini Squash</p> <p><b>Commitment to Quality</b> 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 <a href="http://www.lancerdining.com">www.lancerdining.com</a> Menu subject to change.</p>	<b>3</b> Beef Meatballs in Brown Gravy Mashed Sweet Potato Fruit Cocktail Whole Grain Biscuit	<b>4</b> Chicken Tacos Romaine Lettuce Shredded Cheese & Salsa Whole Grain Corn Tortilla Chips Banana Fluffy White Rice	<b>World Teachers Day!</b> <b>5</b> Juicy Hamburger on Whole Grain Bun Fresh Broccoli with Ranch Baked Beans Fresh Apple	<b>6</b> Turkey Breast BBQ on Whole Grain Bun Potato Salad Cantaloupe Wedge	<b>7</b> French Toast Sticks Turkey Sausage Links Maple Syrup Pineapple Tidbits Fresh Baby Carrots
	<b>Columbus Day</b> <b>10</b> Chicken Drumstick Steamed Broccoli Diced Peaches Whole Grain Biscuit Jelly Packet	<b>11</b> Spaghetti with Italian Meat Sauce Rotini Pasta Fresh Fruit (Vit. C source) Romaine Salad Ranch Dressing Whole Grain Breadstick	<b>12</b> Chicken Nuggets Ketchup Baked French Fries Fresh Orange	<b>13</b> Beef Hot Dog Whole Grain Hot Dog Bun Ketchup Sweet Potato Puffs Fresh Grapes Pretzel Snack	<b>14</b> Cheese Pizza Romaine Salad Ranch Dressing Tropical Fruit Salad
	<b>17</b> Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Cranberry Bar	<b>18</b> Meatball Sub With Marinara Sauce Mozzarella Cheese Fresh Zucchini Squash Ranch Dressing Banana	<b>19</b> MARATHON LUNCH Sponsored by PTO	<b>20</b> No School	<b>21</b> No School
	<b>24</b> Spaghetti and Italian Meat Sauce Diced Pears Whole Grain Oatmeal Bar	<b>25</b> Turkey Corn Dog Baked Potato Wedges With Ketchup Four Bean Salad Fresh Orange Whole Grain Biscuit & Jelly	<b>26</b> Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits Whole Grain Corn Chips	<b>27</b> Chicken Drumstick Brown Rice Pilaf Fresh Grapes Fresh Baby Carrots and Ranch	<b>28</b> Breaded Fish Sandwich With American Cheese on Whole Grain Bun Tartar Sauce Broccoli Cheese & Rice Casserole Apricots
	<b>Halloween</b> <b>31</b> Chicken Ala King on Brown Rice Pilaf Fresh Baby Carrots Fresh Apple	<b>November 1</b> Juicy Cheeseburger on Whole Grain Bun Black Bean & Corn Salad Sliced Dill Pickles Banana Sweet Potato Fries and Ketchup	<b>2</b> Beef Tacos Whole Wheat Tortillas Romaine Lettuce Shredded Cheddar Cheese Salsa Cantaloupe Wedge Fluffy White Rice	<b>3</b> Cheese Omelet Tator Rounds and Ketchup Fresh whole Grain Blueberry Bar 100% Fruit Juice	<b>4</b> Turkey Hot Dog & Ketchup Whole Grain Bun Baked Beans Applesauce