

CHILDCARE SEPTEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>HAPPY LABOR DAY!</p>	<p>4</p> <p>Chicken Tacos Whole Grain Tortilla Shredded Cheddar Cheese & Mild Salsa *Shredded Romaine Lettuce *Fresh Apple *Blanched Carrots for Toddlers *Applesauce for Toddlers</p>	<p>5</p> <p>Chicken Ala King Creamy Mashed Potatoes WG French Bread Butter PC Ranch Dressing *Fresh Melon *Diced Pears for Toddlers</p>	<p>6</p> <p>WG Crispy Chicken Patty WG Slider Bun Green Beans Ranch Dressing Peaches</p>	<p>7</p> <p>Cheeseburger Meatloaf WG Ciabatta Bread *Sliced Romaine & Iceberg Salad Ranch Dressing *Fresh Orange *Blanched Broccoli for Toddlers *Mandarin Oranges for Toddlers</p>	
<p>10</p> <p>Cheeseburger WG Slider Bun, Ketchup Vegetarian Baked Beans *Fresh Carrots *Fresh Apple *Blanched Carrots for Toddlers *Applesauce for Toddlers</p>	<p>11</p> <p>BBQ Beef Riblet Glazed Carrots WG Hoagie Roll Fresh Banana</p>	<p>12</p> <p>Creamy Chicken Alfredo WG Penne Pasta *Romaine Salad & Italian Dressing *Fresh Orange *Blanched Broccoli for Toddlers *Mandarin Oranges for Toddlers</p>	<p>13</p> <p>Chicken Strips with WG Breading Steamed Corn BBQ Dipping Sauce *Fresh Melon *Diced Pears for Toddlers</p>	<p>14</p> <p>Walking Tacos *WG Nacho Chips Shredded Cheddar Cheese *Fresh Carrot Sticks, Ranch Dressing Chilled Peaches *Flour Tortilla for Toddlers *Blanched Carrots for Toddlers</p>	
<p>17</p> <p>Beef Sloppy Joes WG Slider Bun Vegetarian Baked Beans *Fresh Apple *Applesauce for Toddlers</p>	<p>18</p> <p>BBQ Chicken Slider Macaroni & Cheese WG Slider Bun *Zucchini Coins, Ranch Dressing Fresh Banana *Blanched Zucchini for Toddlers</p>	<p>19</p> <p>Sweet & Sour Chicken Meatballs WG Vegetable Brown Rice *Fresh Broccoli Ranch Dressing Chilled Pineapple *Blanched Broccoli for Toddlers</p>	<p>20</p> <p>WG Cheese Stuffed Breadsticks Marinara Dipping Sauce *Pea Pods *Fresh Melon *Blanched Carrots for Toddlers *Diced Peaches for Toddlers</p>	<p>21</p> <p>Italian Meatsauce over WG Penne Pasta *Fresh Carrots Ranch Dressing *Fresh Orange *Blanched Carrots for Toddlers *Mandarin Oranges for Toddlers</p>	
<p>24</p> <p>Chicken Gyro WG Pita Bread Steamed Carrots Shredded Romaine Sour Cream Mandarin Oranges</p>	<p>25</p> <p>Beef Tacos WG Tortilla Shredded Cheddar Cheese *Shredded Romaine Mild Salsa Fresh Banana *Blanched Broccoli for Toddlers</p>	<p>26</p> <p>Popcorn Orange Chicken Fried Vegetable Brown Rice Orange Sauce *Fresh Broccoli, Ranch Dressing *Fresh Melon *Blanched Broccoli for Toddlers *Pineapple Tidbits for Toddlers</p>	<p>27</p> <p>BBQ Beef Meatballs Potato Wedges Ketchup WG Cornbread Applesauce</p>	<p>28</p> <p>WG Garlic Cheese Pizza Bread Marinara Sauce *Zucchini Coins *Fresh Orange *Blanched Zucchini for Toddlers *Mandarin Oranges for Toddlers</p>	
<p>FRESH FAVORITE</p> 			<p>ZUCCHINI</p> <p>Even though zucchini is served as a vegetable, it's technically a fruit because of its flower: It grows from an edible golden blossom that blooms under the leaves. Zucchini is low in calories and good for your heart, as it is high in potassium and antioxidant vitamin C.</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."



*This menu follows the guidelines for NAEYC Accreditation