

# CHILDCARE SEPTEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LABOR DAY</b> <b>2</b></p>	<p><b>Beef Tacos</b> <b>3</b>                      Refried Beans                      WW 8" Tortilla                      Shredded Cheddar Cheese                      Salsa                      Banana</p>	<p><b>Popcorn Orange Chicken</b> <b>4</b>                      Fried Brown Rice                      Broccoli Florets, Ranch Dressing                      Orange Sauce                      Orange                      Toddler Changes: Blanched Broccoli, Pineapple Tidbits</p>	<p><b>BBQ Chicken Slider</b> <b>5</b>                      WG Slider Bun                      Potato Cubes                      Ketchup                      Apple                      Toddler Changes: Applesauce</p>	<p><b>Italian Seasoned Beef</b> <b>6</b>                      WG Garlic Toast Round                      Shredded Mozzarella Cheese                      Tossed Spinach                      Ranch Dressing                      Orange                      Toddler Changes: Mandarin Oranges, Blanched Broccoli</p>
<p><b>Turkey Cheeseburger</b> <b>9</b>                      Slider Bun                      American Cheese Slice                      Vegetarian Baked Beans                      Apple                      Toddler Changes: Applesauce</p>	<p><b>BBQ Chicken Meatballs</b> <b>10</b>                      WG Tea Biscuit                      Broccoli Florets                      Ranch Dressing                      Oranges                      Toddler Changes: Blanched Broccoli, Mandarin Oranges</p>	<p><b>Beef Chili Cheese Fries</b> <b>11</b>                      Shredded Cheddar Cheese                      Potato Wedges                      WG Teabiscuit                      Apple                      Toddler Changes: Diced Pears</p>	<p><b>Cheese Stuffed Breadsticks 7"</b> <b>12</b>                      Marinara Dipping Sauce                      Green Beans                      Diced Peaches (Canned)</p>	<p><b>Walking Taco Beef</b> <b>13</b>                      WG Taco in a Bag Chips                      Shredded Cheddar Cheese                      Diced Tomatoes                      Shredded Romaine                      Applesauce                      Toddler Changes: Blanched Zucchini</p>
<p><b>Chicken Strips</b> <b>16</b>                      Carrot Sticks                      Ranch Dressing                      BBQ Dipping Sauce                      Oranges                      Toddler Changes: Blanched Carrots, Mandarin Oranges</p>	<p><b>Sloppy Joe</b> <b>17</b>                      Slider Bun                      Corn                      Banana</p>	<p><b>Chicken Alfredo</b> <b>18</b>                      WG Penne Pasta                      Chopped Romaine Salad                      Ranch Dressing                      Apple                      Toddler Changes: Applesauce</p>	<p><b>Beef Meatballs in Marinara Sauce</b> <b>19</b>                      Hot Dog Bun                      Shredded Mozzarella Cheese                      Glazed Carrots                      Orange                      Toddler Changes: Diced Peaches</p>	<p><b>Teriyaki Chicken</b> <b>20</b>                      Hamburger Bun                      Broccoli Florets                      Ranch Dressing                      Diced Pears (Canned)                      Toddler Changes: Blanched Broccoli</p>
<p><b>Chicken Patty</b> <b>23</b>                      Slider Bun                      Vegetarian Baked Beans                      Apple                      Toddler Changes: Applesauce</p>	<p><b>Cheese Quesadilla</b> <b>24</b>                      Shredded Romaine                      Ranch Dressing                      Salsa                      Banana                      Toddler Changes: Green Beans</p>	<p><b>Chicken Breast</b> <b>25</b>                      Vegetable Brown Rice                      Zucchini                      Ranch Dressing                      Diced Pears (Canned)                      Toddler Changes: Blanched Zucchini</p>	<p><b>Cheeseburger</b> <b>26</b>                      Slider Bun                      American Cheese Slice                      Potato Wedges                      Ketchup                      Oranges                      Toddler Changes: Mandarin Oranges</p>	<p><b>Garlic Cheese Pizza Bread</b> <b>27</b>                      Romaine                      Ranch Dressing                      Apple                      Toddler Changes: Applesauce, Blanched Broccoli</p>
<p><b>Chicken Flatbread Gyo</b> <b>30</b>                      WG Flatbread                      Cucumber                      Ranch Dressing                      Diced Pears (Canned)                      Toddler Changes: Blanched Zucchini</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 <a href="http://dining.lancerhospitality.com">dining.lancerhospitality.com</a> for more information.</p>

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

"This institution is an equal opportunity provider."

Drivers, servers, and foodservice workers wanted for upcoming school year 2019-2020. Call Terry for more information at 651-443-1982 or email: [tmellum@lancercatering.com](mailto:tmellum@lancercatering.com).



\*This menu follows the guidelines for NAEYC Accreditation