

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the School Office

<b>Menu Subject to Change SEAS K - 8 MARCH LUNCH MENU 2019</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
				1-Mar
<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>	<p style="text-align: center;"><b>PRICING</b></p> <p>Regular \$2.90            Extra Entrée \$1.90            Milk Only \$.50            Adult Meal \$3.65</p>	<p style="text-align: center;"><u>Salad dressings available every day:</u></p> <p style="text-align: center;">Ranch            French            Italian</p> <p style="text-align: center;"><u>Also available:</u>            Ketchup            Mustard            Mayo</p>		<b>NO SCHOOL</b>
4-Mar	5-Mar	6-Mar (Ash Wednesday) No Kindergarten Orders -field trip	7-Mar	8-Mar
<p style="text-align: center;"><b>Cheeseburger</b></p> <p>Vegetarian Baked Beans            WG Hamburger Bun            Fresh Carrots            Fresh Apple</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Turkey Club Sub</b></p>	<p style="text-align: center;"><b>BBQ Beef Riblet</b></p> <p>Glazed Carrots            Hoagie Roll            Fresh Broccoli            Fresh Banana</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Chicken Cheddar Wrap</b></p>	<p style="text-align: center;"><b>Fish Patty on a Bun</b></p> <p>Romaine Salad            Celery Sticks            Fresh Orange</p>	<p style="text-align: center;"><b>Chicken Strips</b></p> <p>Steamed Corn            Cucumber Coins            Fresh Melon            BBQ Dipping Sauce</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Chicken Caesar Wrap</b></p>	<p style="text-align: center;"><b>Cheese Pizza</b></p> <p>Shredded Romaine            Fresh Carrot Sticks            Chilled Peaches</p>
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
<p style="text-align: center;"><b>Chicken Flatbread Gyro</b></p> <p>WG Flatbread            Cucumber Coins            Shredded Romaine, Diced Tomatoes            Mandarin Oranges            Sour Cream</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Turkey Club Sub</b></p>	<p style="text-align: center;"><b>Beef Tacos</b></p> <p>Seasoned Black Beans            WG Tortilla            Shredded Cheddar Cheese            Shredded Romaine            Fresh Banana            Taco Sauce</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Chicken Cheddar Wrap</b></p>	<p style="text-align: center;"><b>Popcorn Orange Chicken</b></p> <p>Fried Vegetable Brown Rice            Fresh Broccoli            Fresh Melon            Orange Sauce</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Roast Turkey And Cheese Sandwich</b></p>	<p style="text-align: center;"><b>BBQ Chicken Meatballs</b></p> <p>Potato Wedges            Cornbread            Grape Tomatoes            Applesauce</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Chicken Caesar Wrap</b></p>	<p style="text-align: center;"><b>Cheese Pizza</b></p> <p>Tossed Spinach            Sliced Zucchini            Fresh Orange</p>
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar - No Middle School orders (field trip)
<p style="text-align: center;"><b>French Toast</b></p> <p>Turkey Sausage            Celery Sticks            Chilled Tropical Fruit            Wango Mango Juice            Syrup</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Southwest Chicken Wrap</b></p>	<p style="text-align: center;"><b>Beef Hot Dog</b></p> <p>Vegetarian Baked Beans            WG Hot Dog Bun            Cauliflower Florets            Fresh Banana</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Turkey Club Sub</b></p>	<p style="text-align: center;"><b>Chicken Drumstick</b></p> <p>Loaded Mashed Potatoes            Whole Grain Cookie            Kale/Romaine Salad            Fresh Strawberries</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Chicken Cheddar Wrap</b></p>	<p style="text-align: center;"><b>Turkey Cheeseburger</b></p> <p>Roasted Red Potatoes            WG Hamburger Bun            Shredded Lettuce            Fresh Carrots            Fresh Grapes</p> <p style="text-align: center;"><b>ALTERNATE:</b>  <b>Turkey &amp; Spinach Sandwich</b></p>	<p style="text-align: center;"><b>Fish Patty on a Bun</b></p> <p>Fresh Broccoli            Fresh Apple</p>

**MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.**

This institution is an equal opportunity provider.