

Child's Name

First \_\_\_\_\_  
 Last \_\_\_\_\_  
 Grade \_\_\_\_\_

**DUE FRIDAY, NOVEMBER 15**

# DECEMBER LUNCH MENU

**LANCER**

DINING SERVICES  
 menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO SCHOOL</b> <b>Staff Professional Development day</b> <b>2</b>	<b>Beef Nachos</b> <b>3</b> Cheese Sauce WG Corn Chips Shredded Romaine Lettuce Ranch PC, Salsa Banana	<b>Chicken Drumstick</b> <b>4</b> Vegetable Brown Rice Zucchini Chopped Romaine Salad French Dressing Diced Pears (Canned)	<b>Cheeseburger</b> <b>5</b> WG Hamburger Bun American Cheese Slice Potato Wedges Broccoli Florets Ranch PC, Ketchup PC Mandarin Oranges	<b>Garlic Cheese Pizza Bread</b> <b>6</b> Marinara Dipping Sauce Shredded Romaine Italian Dressing Celery Sticks Apple
<b>TURKEY CLUB SUB</b> <b>9</b> Cucumber Diced Tomatoes Mayo Packet Diced Pears (Canned)	<b>Chicken Tacos</b> <b>10</b> WW 8" Tortilla Seasoned Black Beans Shredded Cheddar Cheese Shredded Romaine Lettuce Taco Sauce PC Banana	<b>BBQ Turkey Burger</b> <b>11</b> WG Hamburger Bun Loaded Mashed Potatoes Baby Carrots Ranch PC Fresh Cut Melon	<b>Beef Hot Dog</b> <b>12</b> WG Hot Dog Bun Sweet Potato Cubes Broccoli Florets Apple	<b>PIZZA HUT CHEESE PIZZA</b> <b>13</b> Shredded Romaine Salad Ranch Dressing Jicama Sticks Orange
<b>WG French Toast</b> <b>16</b> Syrup PC Turkey Sausage Carrots, Celery Stick Ranch PC Diced Pears (Canned)	<b>Beef Tacos</b> <b>17</b> WW 8" Tortilla Refried Beans Shredded Cheddar Cheese Shredded Romaine Lettuce Banana	<b>Popcorn Orange Chicken</b> <b>18</b> Orange Sauce Fried Brown Rice Zucchini, Broccoli Florets Ranch PC Tropical Fruit	<b>Chicken Caesar Wrap</b> <b>19</b> Potato Cubes Ketchup PC WG Teabiscuit Grape Tomatoes Apple	<b>Italian Seasoned Beef</b> <b>20</b> WG Garlic Toast Round Shredded Mozzarella Cheese Chopped Romaine Salad, French Dressing Carrots Applesauce Cup
<b>NO SCHOOL</b> <b>Christmas Break</b> <b>23</b>	<b>NO SCHOOL</b> <b>CHRISTMAS EVE</b> <b>24</b>	<b>NO SCHOOL</b> <b>CHRISTMAS DAY</b> <b>25</b>	<b>NO SCHOOL</b> <b>CHRISTMAS BREAK</b> <b>26</b>	<b>NO SCHOOL</b> <b>CHRISTMAS BREAK</b> <b>27</b>
<b>NO SCHOOL</b> <b>CHRISTMAS BREAK</b> <b>30</b>	<b>NO SCHOOL</b> <b>NEW YEAR'S EVE</b> <b>31</b>	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px; transform: rotate(-5deg); color: green; font-weight: bold;">FRESH FAVORITE</div> <div style="margin-left: 20px;">  </div> <div style="margin-left: 20px;"> <p><b>POTATOES</b></p> <p>Potatoes are naturally heart healthy as they contain a combination of potassium, Vitamin B6, Vitamin C and fiber. Don't remove the peel or you will miss some of these key nutrients! Enjoy potatoes baked, boiled or mashed instead of fried.</p> </div> <div style="margin-left: 20px; font-size: small;"> <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> </div> </div>		

My Child WILL take hot lunch EVERY DAY this month  
 My child WILL NOT TAKE hot lunch this month

**MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE CHOCOLATE.**  
**ALL BREADS SERVED ARE WHOLE GRAIN.**  
 "This institution is an equal opportunity provider."