



November 2011 Child Care Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Details: 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>Locally-Grown Produce: 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 November when available: Potatoes, Tomatoes, Zucchini Squash & Apples</p> <p>Lunch Options: Traditional Hot Lunch Vegetarian Chef or Garden Salad Traditional Caesar Salad Deli Sandwich Pizza Program</p> <p>Deli Sandwich: Week 1: Oven Roasted Turkey Week 2: Chicken Salad Week 3: Egg Salad Week 4: Chicken Caesar Wrap Week 5: Turkey, Ham & Cheese</p> <p>Commitment to Quality 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 www.lancerdining.com Menu subject to change.</p>	31-Oct Chicken Ala King on Brown Rice Pilaf Fresh Baby Carrots Fresh Apple Deli Week 2	1-Nov Juicy Cheeseburger on Whole Grain Bun Ketchup & Pickle slices Steamed Green Beans Banana	2 Beef Tacos Whole Wheat Tortillas Romaine Lettuce Shredded Cheddar Cheese Salsa Salsa Cantaloupe Wedge Brown Rice	3 Cheese Omelet Tator Rounds and Ketchup Whole Grain Dinner Roll 100% Fruit Juice	4 Turkey Hot Dog & Ketchup Whole Grain Bun Baked Beans Applesauce
	7 Meatballs in Brown Gravy Mashed Sweet Potato Fruit Cocktail Whole Grain Dinner Roll Deli Week 3	Election Day 8 Chicken Taco Salad Corn Tortilla Chips Chopped Romaine Cheddar Cheese & Salsa Fresh Banana	9 Juicy Hamburger on Whole Grain Bun Ketchup & Pickles Slices Baked Beans Fresh Apple	10 Turkey Breast BBQ on Whole Grain Bun Potato Salad Fresh Cantaloupe Wedge	Veterans Day 11 French Toast Maple Syrup Turkey Sausage Links Pineapple Tidbits Fresh Carrots
	14 Boneless Chicken Drumsticks Fresh Carrots Diced Peaches Whole Grain Dinner Roll Deli Week 4	15 Rotini Pasta with Italian Meat Sauce Fresh Fruit (Vit. C Source) Romaine Salad Ranch Dressing	16 Chicken Nuggets Baked French Fries Ketchup Fresh Fruit (Vit C. Source)	17 All Beef Hot Dog on Whole Grain Bun Ketchup Sweet Potato Puffs Fresh Grapes	18 Chili Con Carne Fresh Baked Corn Muffin Tropical Fruit Salad
	21 Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Dinner Roll Deli Week 5	22 Meatball Sub With Marinara Sauce Fresh Zucchini Squash Ranch Dressing Banana	23 Popcorn Chicken Wrap Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Ranch Dressing Fresh Fruit (Vit C. Source) Red Beans & Rice	24  Happy Thanksgiving!	25 Breaded Chicken Patty & Ranch Dressing Whole Grain Bun Fresh Baby Carrots Honeydew Melon Wedge
	28 Beef Penne Rustica Diced Pears Whole Grain Breadstick Deli Week 1	29 Mini Turkey Corn Dogs Baked Potato Wedges With Ketchup Fresh Fruit (Vit. C Source)	30 Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits	Dec. 1 2 Chicken Nuggets Brown Rice Pilaf Fresh Grapes Fresh Baby Carrots Ranch Dressing	2 Breaded Fish Sandwich With American Cheese on Whole Grain Bun Tartar Sauce Broccoli Cheese & Rice Apricots