



**November 2011 School Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Details:</b> 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><b>Locally-Grown Produce:</b> 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 October when available: Potatoes, Tomatoes, Zucchini Squash</p> <p><b>Lunch Options:</b> Traditional Hot Lunch Vegetarian Chef or Garden Salad Traditional Caesar Salad Deli Sandwich Pizza Program</p> <p><b>Deli Sandwich:</b> Week 1: Oven Roasted Turkey Week 2: Chicken Salad Week 3: Egg Salad Week 4: Chicken Caesar Wrap Week 5: Turkey, Ham &amp; Cheese</p> <p><b>Commitment to Quality</b> 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 <a href="http://www.lancerdining.com">www.lancerdining.com</a> Menu subject to change.</p>	31-Oct Deli Week 2	1-Nov	2	3	4
	7	Election Day 8	9	10	11
	14	15	16	17	18
	21	22	23	24	25
	28	29	30	Dec. 1	2
Deli Week 1					