

# CHILDCARE SEPTEMBER LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 [dining.lancerhospitality.com](http://dining.lancerhospitality.com) for more information.

				<b>1</b> <b>Teriyaki Chicken Sandwich</b> *Crunchy Cauliflower Florets Chilled Pineapple *Steamed Cauliflower for Toddlers
<b>4</b> <b>HAPPY LABOR DAY!</b>	<b>5</b> <b>Cheeseburger</b> Hamburger Bun *Fresh Zucchini Ranch Dressing & Ketchup *Fresh Apple *Blanched Zucchini for Toddlers *Applesauce for Toddlers	<b>6</b> <b>Grilled Chicken Breast</b> Loaded Mashed Potatoes Mandarin Oranges Dinner Roll	<b>7</b> <b>Popcorn Orange Chicken</b> Vegetable Brown Fried Rice *Kohlrabi Sticks and Ranch Dressing Chilled Peaches *Blanched Carrots for Toddlers	<b>8</b> <b>Walking Tacos</b> Seasoned Beef, *Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine *Fresh Melon *Flour Tortillas for Toddlers *Pineapple Tidbits for Toddlers
<b>11</b> <b>Crispy Chicken on a Bun</b> Steamed Corn Chilled Pears	<b>12</b> <b>Beef Sloppy Joes</b> Vegetarian Baked Beans Fresh Banana	<b>13</b> <b>BBQ Beef Riblet</b> Hoagie Roll Glazed Carrots Applesauce	<b>14</b> <b>Sweet &amp; Sour Chicken Meatballs</b> Vegetable Brown Rice *Fresh Broccoli & Ranch Dressing Fresh Melon *Blanched Broccoli for Toddlers	<b>15</b> <b>Italian Meatsauce over Penne Pasta</b> *Mixed Green Salad w/Ranch Dressing *Fresh Orange *Green Beans for Toddlers *Mandrin Oranges for Toddlers
<b>18</b> <b>French Toast &amp; Syrup Turkey Sausage</b> *Fresh Cucumbers Chilled Peaches *Blanched Zucchini for Toddlers	<b>19</b> <b>Chicken Tacos</b> Whole Grain Tortilla Shredded Cheddar Cheese & Mild Salsa *Shredded Romaine Fresh Banana *Steamed Corn for Toddlers	<b>20</b> <b>Meatball Hoagie</b> Beef Meatballs in Marinara Sauce Shredded Mozzarella Cheese Tater Tots & Ketchup *Fresh Apple *Applesauce for Toddlers	<b>21</b> <b>Turkey Cheeseburger</b> Hamburger Bun Roasted Red Potatoes *Fresh Strawberries *Diced Pears for Toddlers	<b>22</b> <b>Garlic Cheese Pizza Bread</b> Marinara Sauce *Kale & Romaine Salad & Italian Dressing *Fresh Orange *Steamed Broccoli for Toddlers *Mandarin Oranges for Toddlers
<b>25</b> <b>Beef Ravioli</b> Dinner Roll *Jicama Sticks & Ranch Dressing Chilled Mixed Fruit *Steamed Green Beans for Toddlers	<b>26</b> <b>Chicken &amp; Gravy</b> Creamy Mashed Potatoes Bread & Butter Fresh Banana	<b>27</b> <b>BBQ Chicken Slider Mac &amp; Cheese</b> *Fresh Broccoli & Ranch Dressing *Fresh Apple *Blanched Broccoli for Toddlers *Applesauce for Toddlers	<b>28</b> <b>Cheese Stuffed Breadsticks Marinara Dipping Sauce</b> *Spinach Salad w/Dressing *Fresh Orange *Steamed Peas for Toddlers *Mandarin Oranger for Toddlers	<b>29</b> <b>Cheeseburger Meatloaf</b> Dinner Roll Steamed Carrots *Fresh Melon *Diced Peaches for Toddlers

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

"This institution is an equal opportunity provider."



\*This menu follows the guidelines for NAEYC Accreditation