

LANCER

DINING SERVICES

8/14/20

Menu Subject to Change CMES K-8 Gluten Free Menu (4-week cycle) 2020-2021				
Monday	Tuesday	Wednesday	Thursday	Friday
8/3, 8/31, 9/28, 10/26, 11/23, 12/21, 1/18, 2/15, 3/15, 4/12, 5/10, 6/7, 7/5				
Allergen Free Chicken Breast Seasoned Brown Rice Fresh Carrots Fresh Apple Ranch PC	Beef Patty Seasoned Brown Rice Marinara Shredded Mozzarella Italian Style Vegetables Fresh Banana	Allergen Free Chicken Breast Seasoned Brown Rice Fresh Broccoli Strawberry Cup Ranch PC	Plain Slice of Turkey Seasoned Brown Rice Loaded Mashed Potatoes Zucchini Coins Diced Pears	Beef Patty (2.5oz) Seasoned Brown Rice Cheese Slice Baked Beans Fresh Orange Ketchup PC
8/10, 9/7, 10/5, 11/2, 11/30, 12/28, 1/25, 2/22, 3/22, 4/19, 5/17, 6/14, 7/12				
Turkey Burger Seasoned Brown Rice Cheddar Cheese Salsa Fresh Carrots Fresh Apple Ranch PC	Chicken Fajita Spanish Brown Rice Corn Fresh Banana	Allergen Free Chicken Breast Veg Brown Rice Fresh Broccoli Diced Pears Sweet & Sour PC	Taco Beef Refried Beans Nacho Chip Bag Shredded Romaine Lettuce Shredded Cheddar Cheese Fresh Diced Tomato Mixed Berry Applesauce Cup	BBQ Chicken Seasoned Brown Rice Fresh Broccoli Fresh Cucumber Coins Peach Cup Ranch PC
8/17, 9/14, 10/12, 11/9, 12/7, 1/4, 2/1, 3/1, 3/29, 4/26, 5/24, 6/21, 7/19				
Turkey Burger Seasoned Brown Rice Tzatziki Fresh Spinach Fresh Tomato Onion Feta Corn Niblets Strawberry Applesauce Cup	Allergen Free Chicken Breast Seasoned Brown Rice Fresh Carrots Fresh Cucumber Coins Fresh Banana Syrup PC Ranch PC	Beef Patty (2.5oz) Seasoned Brown Rice American Cheese Potato Wedge Fresh Apple Ketchup PC	Allergen Free Chicken Breast Fresh Broccoli Diced Pears (Canned) Ketchup PC Ranch PC Seasoned Brown Rice	BBQ Chicken Drumsticks Seasoned Brown Rice Baked Vegetarian Beans Fresh Zucchini Coins Strawberry Cup
8/24, 9/21, 10/19, 11/16, 12/14, 1/11, 1/29, 2/8, 3/8, 4/5, 5/3, 5/31, 6/28, 7/26				
Allergen Free Chicken Breast Black Beans Salsa Mandarin Oranges Seasoned Brown Rice	Beef Patty (2.5oz) Seasoned Brown Rice American/Swiss Cheese Mushrooms Fresh Celery Fresh Banana Ketchup PC Ranch PC	Cheese Enchilada Spanish Rice Fresh Carrots Applesauce Cup Shredded Mozzarella Ranch PC	Sloppy Joe Seasoned Brown Rice Corn Fresh Apple	Buffalo Chicken Seasoned Brown Rice Fresh Carrots Chopped Romaine Mixed Berry Applesauce Cup Ranch PC

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

This institution is an equal opportunity provider.