

# LANCER

## DINING SERVICES

10/27/20

Menu Subject to Change <b>CMES K-8 Dairy Free Menu (4-week cycle) 2020-2021</b>				
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				
<b>Allergen Free Chicken Breast</b> WG Hamburger Bun Fresh Carrots Fresh Apple No Ranch PC	<b>Beef Patty</b> WG " 5 Hoagie Marinara No Shredded Mozzarella Mixed Vegetables Fresh Banana	<b>Roasted Turkey w/ Gravy</b> WG TeaBiscuit Fresh Carrots Zucchini Coins Craisins	<b>Teriyaki Chicken</b> WG Hamburger Bun Fresh Broccoli Strawberry Cup No Ranch PC	<b>Allergen Chicken Breast</b> WG Hamburger Bun Marinara Black Bean Salsa Fresh Orange
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				
<b>Turkey Burger</b> WG Hamburger Bun No Cheese Slice Salsa Fresh Carrots Fresh Apple No Ranch PC	<b>Chicken Fajita</b> WW Tortillas Corn Fresh Banana	<b>Allergen Free Chicken Breast</b> Veg Brown Rice Fresh Broccoli Mixed Fruit Cup Sweet & Sour PC	<b>Taco Beef</b> Refried Beans WG 8" Tortilla Shredded Romaine Lettuce No Shredded Cheddar Cheese Fresh Diced Tomato Strawberry Banana Applesauce	<b>BBQ Chicken</b> WG 5" Hoagie Fresh Broccoli Fresh Cucumber Coins Peach Cup No 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				
<b>Turkey Burger w/ Marinara</b> WG Hamburger Bun No Mozzarella Corn Niblets Strawberry Applesauce Cup	<b>Turkey Sausage</b> Seasoned Brown Rice Fresh Carrots Fresh Cucumber Coins Fresh Banana No Ranch PC	<b>BBQ Chicken Drumsticks</b> Veg Brown Rice Carrots Fresh Zucchini Coins Strawberry Cup No Ranch PC	<b>Chicken Gyro Meat</b> WG 8" Tortilla Fresh Broccoli Fresh Orange No Ranch PC No Sour Cream PC	<b>Beef Patty (2.5oz)</b> WG Hamburger Bun No American Cheese Baked Beans Fresh Apple Ketchup PC
8/24, 9/21, 10/19, 11/16, 12/14, 1/1, 1/29, 2/8, 3/8, 4/5, 5/3, 5/31, 6/28, 7/26				
<b>Chicken Taco Meat</b> No Cheese Sauce Tortilla Chips Shredded Lettuce Black Bean Salsa Mixed Fruit Cup	<b>Italian Meat Sauce</b> WG Penne Fresh Carrots Fresh Banana No Ranch PC	<b>Chicken Patty</b> WG Hamburger Bun Turkey Bacon No American Cheese Slice Green Beans Applesauce Cup No Mayo PC	<b>Sloppy Joe</b> WG Hamburger Bun Corn Fresh Apple	<b>Allergen Free Chicken Breast</b> WG Hamburger Bun Fresh Carrots Chopped Romaine Mixed Berry Applesauce Cup No Ranch PC Italian Dressing 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.