

PS-8 FEBRUARY LENT LUNCH MENU

LANCER
DINING SERVICES
menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Turkey Burger 1 WG Hamburger Bun Mozzarella Cheese, Corn Strawberry Applesauce	Pancakes and Turkey Sausage 2 Fresh Carrots, Ranch Dressing Cucumber Coins Fresh Banana, Syrup	BBQ Chicken Drumsticks 3 Vegetable Brown Rice Carrots, Zucchini Coins Strawberry Cup, Ranch	Chicken Gyro 4 WG 8" Tortilla Fresh Broccoli Fresh Orange Sour Cream, Ranch	Pizza 5 3 Bean Salad Fresh Apple
Chicken Nachos 8 Black Bean Salsa Cheese Sauce Shredded Lettuce Tortilla Chips Mixed Fruit Cup	Italian Meat Sauce 9 WG Penne Pasta Fresh Carrots, Ranch Dressing Fresh Banana	Turkey Bacon Chicken Sandwich 10 WG Hamburger Bun Green Beans Applesauce Cup, Mayo	No School/Lunch 11 K-8 Conferences	No School 12 PS- 8 th
No School 15 PS-8 th Presidents Day	Meatball Hoagie w/ Marinara 16 WG 5" Hoagie Bun Mixed Vegetables Fresh Banana	Fish Sandwich 17 WG Hamburger Bun Mashed Potatoes Zucchini Coins Craisins	Teriyaki Chicken 18 WG Hamburger Bun Fresh Broccoli Strawberry Cup Ranch PC	Bosco Sticks 6" 19 Marinara Black Bean Salsa Fresh Orange
Salsa Turkey Burger 22 WG Hamburger Bun Cheddar Cheese Ranch Dressing Fresh Apple	Chicken Fajita 23 WG Tortilla Corn Fresh Banana	Sweet & Sour Chicken 24 Fried vegetable Rice Fresh Broccoli Sweet & Sour Sauce Mixed Fruit cup	Soft Shell Taco 25 Refried Beans, Shredded Lettuce, Cheddar Cheese WG Tortilla, Diced Tomato Strawberry/Banana Applesauce	Pizza 26 Fresh Broccoli, Cucumber Coins Peach Cup, Ranch

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

"This institution is an equal opportunity provider."

Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All breads 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.