

CHILDCARE JUNE 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 for more information.



STRAWBERRIES

Strawberries are the only fruit with seeds on the outside--on average, each strawberry has 200 seeds! These ruby-red gems are perfectly ripe in Minnesota gardens in June and July and get their red color from anthocyanins, which helps fight infection and disease.

			<p>Turkey Cheeseburger 1 Hamburger Bun Shredded Lettuce Vegetarian Baked Beans Ketchup *Fresh Strawberries *Diced Pears for Toddlers</p>	<p>BBQ Beef Riblet 2 Hoagie Bun *Fresh Broccoli Apple Juice *Blanched Broccoli for Toddlers</p>
<p>Beef Ravioli 5 Dinner Roll Wango Mango Juice *Fresh Orange * Applesauce for Toddlers</p>	<p>Chicken & Gravy 6 Loaded Mashed Potatoes *Zucchini Coins White/Wheat Bread & Butter Fresh Banana *Blanched Zucchini for Toddlers</p>	<p>French Bread Dipper 7 Marinara Dipping Sauce *Baby Carrots Chilled Mixed Fruit *Blanched Carrots for Toddlers</p>	<p>BBQ Chicken Slider Mac & Cheese 8 *Fresh Broccoli & Ranch Dressing *Fresh Melon *Blanched Broccoli for Toddlers *Pineapple Tidbits for Toddlers</p>	<p>Breakfast Sandwich 9 WG Biscuit Egg Patty & American Cheese **New Breakfast Potatoes *Cucumbers and Ranch Dressing *Fresh Apple *Blanched Cauliflower for Toddlers *Applesauce for Toddlers</p>
<p>Pizza Burger on Garlic Toast 12 with Shredded Mozzarella *Fresh Carrots *Fresh Orange *Blanched Carrots for Toddlers *Mandarin Orange for Toddlers</p>	<p>Beef Tacos 13 Whole Grain Tortilla Shredded Cheese, Diced Tomatoes *Shredded Romaine Lettuce *Fresh Apple *Steamed Corn for Toddlers *Applesauce for Toddlers</p>	<p>Creamy Chicken Alfredo Penne Pasta 14 *Romaine Salad & Italian Dressing *Fresh Melon *Blanched Carrots for Toddlers *Diced Pears for Toddlers</p>	<p>BBQ Beef Meatballs 15 *Fresh Broccoli & Ranch Dressing Corn Bread Tropical Fruit *Steamed Broccoli for Toddlers</p>	<p>Teriyaki Chicken Sandwich 16 *Crunchy Cauliflower Florets Pineapple Chunks *Steamed Cauliflower for Toddlers</p>
<p>Chicken Tenders 19 BBQ Sauce Green Beans *Fresh Apple *Applesauce for Toddlers</p>	<p>Cheeseburger 20 Hamburger Bun *Fresh Zucchini & Ranch Dressing Ketchup Chilled Peaches *Blanched Zucchini for Toddlers</p>	<p>Grilled Chicken Breast 21 Loaded Mashed Potatoes *Fresh Orange Dinner roll *Diced Pears for Toddlers</p>	<p>Crunchy Orange Chicken 22 Vegetable Brown Fried Rice *Kohlrabi Sticks & Ranch Dressing Fresh Banana *Blanched Carrots for Toddlers</p>	<p>Cheese Lasagna Rolls 23 Marinara Sauce & Mozzarella Cheese *Kale & Romaine Salad Italian Dressing *Chilled Fruit Cup *Steamed Broccoli for Toddlers *Mandarin Oranges for Toddlers</p>
<p>Crispy Chicken on a Bun 26 Steamed Corn Chilled Pears</p>	<p>Beef Sloppy Joe on a Bun 27 Vegetarian Baked Beans Fresh Banana</p>	<p>Sweet & Sour Chicken Meatballs 28 Vegetable Brown Rice *Celery Smiles & Ranch Dressing *Fresh Melon *Blanched Cauliflower for Toddlers *Diced Peaches for Toddlers</p>	<p>Roast Turkey & Gravy 29 Buttermilk Biscuit Glazed Carrots Applesauce Cup</p>	<p>Italian Meatsauce over Penne Pasta 30 *Mixed Green Salad Ranch Dressing *Fresh Apple *Blanched Broccoli for Toddlers *Applesauce for Toddlers</p>

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

"This institution is an equal opportunity provider."

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*This menu follows the guidelines for NAEYC Accreditation