

CHILDCARE FEBRUARY LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>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.</p>	<p>FRESH FAVORITE</p>  <p>JICAMA Jicama is a member of the potato family that has been growing in Mexico and Central America for decades. A crisp edible root with a unique sweet flavor and great crunch very similar to an apple. Jicama is high in antioxidants and contains good amounts of fiber, calcium, phosphorus, and vitamins C, A, and B.</p>		<p>Sweet & Sour Chicken Meatballs 1 Vegetable Brown Rice *Fresh Broccoli & Ranch Dressing Fresh Melon *Blanched Broccoli for Toddlers</p>	<p>Italian Meatsauce over Penne Pasta 2 *Mixed Green Salad w/Ranch Dressing *Fresh Apple *Applesauce for Toddlers *Green Beans for Toddlers</p>
<p>French Toast & Syrup 5 Turkey Sausage *Fresh Cucumbers Chilled Peaches *Blanched Zucchini for Toddlers</p>	<p>Chicken Tacos 6 Whole Grain Tortilla Shredded Cheddar Cheese & Mild Salsa *Shredded Romaine Fresh Banana *Steamed Corn for Toddlers</p>	<p>Meatball Hoagie 7 Beef Meatballs in Marinara Sauce Shredded Mozzarella Cheese Tater Tots & Ketchup *Fresh Apple *Applesauce for Toddlers</p>	<p>Turkey Cheeseburger 8 Hamburger Bun Roasted Red Potatoes *Fresh Strawberries *Diced Pears for Toddlers</p>	<p>Garlic Cheese Pizza Bread 9 Marinara Sauce *Kale & Romaine Salad & Italian Dressing *Fresh Orange *Steamed Broccoli for Toddlers *Mandarin Oranges for Toddlers</p>
<p>Beef Ravioli 12 Dinner Roll *Jicama Sticks & Ranch Dressing Chilled Mixed Fruit *Steamed Green Beans for Toddlers</p>	<p>Chicken & Gravy 13 Creamy Mashed Potatoes Bread & Butter Fresh Banana</p>	<p>BBQ Chicken Slider Mac & Cheese 14 *Fresh Broccoli & Ranch Dressing *Fresh Apple *Blanched Broccoli for Toddlers *Applesauce for Toddlers</p>	<p>Cheese Stuffed Breadsticks 15 Marinara Dipping Sauce *Spinach Salad w/Dressing *Fresh Orange *Steamed Peas for Toddlers *Mandarin Oranger for Toddlers</p>	<p>Cheeseburger Meatloaf 16 Slider Bun Steamed Carrots *Fresh Melon *Diced Peaches for Toddlers</p>
<p>Sabino's Pizza Burger 19 Italian Seasoned Beef on Garlic Toast *Baby Carrots *Fresh Orange *Blanched Carrots for Toddlers *Mandarin Oranges for Toddlers</p>	<p>BBQ Beef Meatballs 20 Potato Wedges & Ketchup Cornbread Tropical Fruit</p>	<p>Creamy Chicken Alfredo Penne Pasta 21 *Romaine Salad & Italian Dressing *Fresh Melon *Blanched Carrots for Toddlers *Diced Pears for Toddlers</p>	<p>Beef Tacos 22 Whole Grain Tortilla Shredded Cheddar Cheese & Mild Salsa *Shredded Romaine Lettuce *Fresh Apple *Steamed Corn for Toddlers *Applesauce for Toddlers</p>	<p>Teriyaki Chicken Sandwich 23 *Crunchy Cauliflower Florets Chilled Pineapple *Steamed Cauliflower for Toddlers</p>
<p>Chicken Strips 26 BBQ Dipping Sauce Green Beans *Fresh Apple *Applesauce for Toddlers</p>	<p>Cheeseburger 27 Hamburger Bun *Fresh Zucchini Ranch Dressing & Ketchup Fresh Banana *Blanched Zucchini for Toddlers</p>	<p>Grilled Chicken Breast 28 Loaded Mashed Potatoes Dinner Roll Mandarin Oranges</p>	<p>Popcorn 3/1 Orange Chicken Vegetable Brown Fried Rice *Kohlrabi Sticks and Ranch Dressing Chilled Peaches *Blanched Carrots for Toddlers</p>	<p>Walking Tacos 3/2 Seasoned Beef, *Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine *Fresh Melon *Flour Tortillas for Toddlers *Pineapple Tidbits for Toddlers</p>

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