



January 2012 Child Care Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Details: LDS menus follow the USDA Child Nutrition program and student preferences. We serve lean, quality meats with little or no trans fats and a minimal amount of added sugar or salt. Breads are delivered fresh daily from a local bakery using whole wheat flour in most products.</p> <p>Locally-Grown Produce: At Lancer as part of our "Commitment to Quality" we work with our distributors and vendors to source locally produced sustainable products. The following will be utilized in January when available: Potatoes & Apples</p> <p>Lunch Options: Traditional Hot Lunch Vegetarian Chef or Garden Salad Traditional Caesar Salad Deli Sandwich Pizza Program</p> <p>Deli Sandwich: Week 1: Oven Roasted Turkey Week 2: Chicken Salad Week 3: Egg Salad Week 4: Chicken Caesar Wrap Week 5: Turkey, Ham & Cheese</p> <p>Commitment to Quality Lancer Dining does not use any products that contain pork, peanuts, or peanut oil. All products are baked or steamed, never fried. For more information about LDS visit www.lancerdining.com Menu subject to change.</p>	<p>2-Jan</p> <p>Beef & Tomato Penne Rustica Diced Peas Whole Grain Breadstick</p> <p>Deli Week 1</p>	<p>3</p> <p>Mini Turkey Corn Dogs With Ketchup Steamed Green Beans Fresh Fruit (Vit. C Source)</p>	<p>4</p> <p>Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits</p>	<p>5</p> <p>Chicken Nuggets Brown Rice Pilaf Fresh Grapes Fresh Baby Carrots Ranch Dressing</p>	<p>6</p> <p>Breaded Fish Sandwich Whole Grain Bun Tartar Sauce Broccoli Cheese & Rice Apricots</p>
	<p>9</p> <p>Chicken Ala King on Brown Rice Pilaf Fresh Baby Carrots Fresh Apple</p> <p>Deli Week 2</p>	<p>10</p> <p>Juicy Cheeseburger on Whole Grain Bun Ketchup & Pickle slices Baked Potato Wedges Banana</p>	<p>11</p> <p>Beef Tacos Whole Wheat Tortillas Shredded Cheddar Cheese Salsa Steamed Green Beans Cantaloupe Wedge</p>	<p>12</p> <p>Cheese Omelet Tator Rounds and Ketchup Whole Grain Dinner Roll 100% Fruit Juice</p>	<p>13</p> <p>Turkey Hot Dog & Ketchup Whole Grain Bun Baked Beans Applesauce</p>
	<p>16</p> <p>Meatballs in Brown Gravy Mashed Sweet Potato Fruit Cocktail Whole Grain Dinner Roll</p> <p>Deli Week 3</p>	<p>17</p> <p>Chicken Taco Salad Corn Tortilla Chips Chopped Romaine Cheddar Cheese & Salsa Fresh Banana</p>	<p>18</p> <p>Juicy Hamburger on Whole Grain Bun Ketchup & Pickles Slices Baked Beans Fresh Apple</p>	<p>19</p> <p>Turkey Breast BBQ on Whole Grain Bun Potato Salad Fresh Cantaloupe Wedge</p>	<p>20</p> <p>French Toast Maple Syrup Turkey Sausage Links Pineapple Tidbits Fresh Carrots</p>
	<p>23</p> <p>Boneless Chicken Drumsticks Fresh Carrots Diced Peaches Whole Grain Dinner Roll</p> <p>Deli Week 4</p>	<p>24</p> <p>Rotini Pasta with Italian Meat Sauce Fresh Fruit (Vit. C Source) Romaine Salad Ranch Dressing</p>	<p>25</p> <p>Chicken Nuggets Baked French Fries Ketchup Fresh Fruit (Vit C. Source)</p>	<p>26</p> <p>All Beef Hot Dog on Whole Grain Bun Ketchup Sweet Potato Puffs Fresh Grapes</p>	<p>27</p> <p>Chili Con Carne Fresh Baked Corn Muffin Tropical Fruit Salad</p>
	<p>30</p> <p>Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Dinner Roll</p> <p>Deli Week 5</p>	<p>31</p> <p>Meatball Sub With Marinara Sauce Fresh Zucchini Squash Ranch Dressing Banana</p>	<p>1-Feb</p> <p>Popcorn Chicken Wrap Whole Wheat Flour Tortilla Romaine Lettuce Shredded Cheese Ranch Dressing Fresh Fruit (Vit C. Source) Red Beans & Rice</p>	<p>2</p> <p>BBQ Beef Riblet Whole Grain Bun Fresh Broccoli Salad Fruit cocktail</p>	<p>3</p> <p>Breaded Chicken Patty & Ranch Dressing Whole Grain Bun Fresh Baby Carrots Honeydew Melon Wedge</p>