

Daycare Lunch Menu August 2010



Menu Details























LDS menus follow the USDA Child Nutrition program and student preferences. Vegetarian entrees are available.

We serve lean, high 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.

LDS uses locally-grown produce when possible. A variety of fruits and vegetables are provided to promote healthy dietary habits.

Chef & Garden Salads are available as an alternative to hot lunch. Salads meet the requirements for a reimbursable meal.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Dipping Sauce Au gratin Potatoes Fresh Apple Applesauce (toddlers) Milk 	3 Beef Taco Pie with Salad topping Mandarin Oranges Steamed Green Beans (toddlers) Milk 	4 Italian Chicken Sandwich Ranch Dressing Pasta Salad Fresh Carrots Fresh Fruit Milk 	5 French Toast Sticks Maple Syrup Turkey Sausage Links Fresh Fruit 100% Juice Milk 	6 All Beef Hotdog on a Bun Baked Potato Wedges Ketchup & Mustard Diced Peaches Milk 
9 Soft Shell Chicken Tacos Shredded Lettuce Blanched Carrots - Toddlers Cheddar Cheese & Salsa Cilantro Lime Rice Fruit Mix Milk 	10 Sloppy Joe on Wheat Bun Seasoned Crispy Potato & Ketchup Fresh Fruit Milk 	11 Chicken Drumsticks Potato Salad Fresh Fruit Southern Style Biscuit Milk 	12 Italian Meat Sauce & Pasta Romaine Salad Blend Italian Dressing Blanched Carrots - Toddler Diced Peaches Milk 	13 Breaded Chicken Patty with Shredded Lettuce Ranch & Wheat Bun Fresh Veggies Fresh Fruit Milk 
16 Lasagna Roll with Cheese & Marinara Tropical Fruit Mix Wheat Dinner Roll Milk 	17 Swedish Meatballs over Pasta Romaine Blend Salad Ranch Dressing Blanched Carrots (toddlers) Fresh Fruit Milk 	18 Turkey Hotdog on Bun Steamed Corn Fresh Fruit Ketchup & Mustard Milk 	19 Grilled Chicken Breast with Gravy Herbed Brown Rice Fresh Carrots Fruit Mix Milk 	20 Juicy Hamburger Wheat Bun Crispy Seasoned Potatoes Ketchup Fresh Fruit Canned Fruit - toddlers Milk 
23 Teriyaki Beef Dippers Rice Pilaf Romaine Blend Salad Ranch Dressing Mandarin Oranges Milk 	24 Nacho's Tortilla Corn Chips Soft Tortilla (toddlers) Fresh Carrots Pineapple Tidbits Milk 	25 Chicken Salad on Wheat Bun Fresh Fruit Fresh Broccoli & Ranch Milk 	26 Corn Dog on a Stick Minnesota Grown Corn on the Cob Minnesota Grown Apple Mexican Churro Milk MN STATE FAIR FOOD!	27 Italian Meat Sauce & Pasta Lettuce Salad & Ranch Blanched Carrots (toddlers) Fresh Fruit Milk 
30 Popcorn Chicken & Ranch Home-Made Mac & Cheese Fresh Baby Carrots Mixed Fruit Milk 	31 Soft Shell Beef Taco's Lettuce, Cheese & Salsa Green Beans (Toddler) Fresh Fruit Milk 			

* Lancer Dining does not use any products that contain pork, peanuts, or peanut oil. All products are baked or steamed, never fried. For more nutrition information visit www.lancerdining.com

* Menu subject to change