

THE LANCER FOOD COURT

APRIL 2022

LUNCH - FREE! BREAKFAST - FREE!

*MENU IS SUBJECT TO CHANGE

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

BREAKFAST

CHOOSE 1 ENTRÉE:

MONDAY –FRENCH TOAST STIX

TUESDAY—BACON/EGG/CHEESE CROISSANT

WEDNESDAY—BAKE SHOP

THURSDAY—HAM/EGG/CHEESE BAGEL

FRIDAY—SAUSAGE/EGG/CHEESE WRAP

*Fruit Tarts, Donuts, Cereal, Breads & Muffins,
Waffles, Buns & Breakfast Bars

CHOOSE 1 FRUIT AND/OR JUICE:

Apples Bananas Dried Fruit

CHOOSE 1 MILK:

LOW FAT WHITE OR CHOCOLATE MILK

*CHOOSE AT LEAST 3 FOOD ITEMS—OR UP TO 4
ITEMS TOTAL –FOR A COMPLETE, FREE MEAL

!!!PIZZA!!!

***FRESH FROM THE OVEN EVERY DAY!**

MONDAY: Personal Pizza

TUESDAY: French Bread Pizza

WEDNESDAY: Mickey's Pizza

THURSDAY: Big Daddy's Pizza

FRIDAY: Pizza Bread

FOOD COURT FAVS

Friday, 4/1: CHEESY CALZONE & MARINARA SAUCE/CORN

Mon, 4/4: POPCORN CHICKEN & GARLIC KNOT/CURLY FRIES

Tues, 4/5: CHICKEN & PEPPER JACK SOFT TACO BAR/REFRIED BEANS

Wed, 4/6: CRISPY & SPICY CHICKEN SANDWICH/CRISPY FRIES

Thurs, 4/7: MEATBALL SANDWICH & CHIPS/STEAMY BROCCOLI

Friday, 4/8: BOSCO STICKS & MARINARA/BROWN SUGAR CARROTS

Mon, 4/11: CHICKEN NUGGETS W/DIPPING SAUCES & BREAD STICK/
GOLDEN CORN

Tuesday, 4/12: FRENCH TOAST STIX/SAUSAGE/HASH BROWNS

Wed, 4/13: BUFFALO CHICKEN FLAT BREAD/POTATO WEDGES

Thurs, 4/14: PIZZA CRUNCHERS/GARDEN SALAD

Friday, 4/15, & Monday, 4/18 — NO SCHOOL FOR STUDENTS

Tuesday, 4/19: BURGER BAR/CRISPY FRIES

Wed, 4/20: CHICKEN BACON RANCH MELT/CORN

Thursday, 4/21: LOADED WAFFLE FRIES & SUPER BREAD

Friday, 4/22: CHEESY MAC & CORN BREAD/STEAMED BROCCOLI

Monday, 4/25: TENDERS & TOTS W/DIPPING SAUCES & MUFFIN TOP

Tuesday, 4/26: CRISPY & SPICY CHICKEN SANDWICH BAR/CORN

Wed, 4/27: MINI CALZONES & MARINARA/MIXED VEGGIES

Thursday, 4/28: PULLED PORK BBQ SANDWICH & CHIPS/BAKED
BEANS

Friday, 4/29: BURGER BAR/TRIANGLE TATERS



Choose an Entrée. Complete your meal with 1-2 veggies, fruit & milk

Available Daily at Lunch:

*Variety of Assorted Garden Fresh Veggie Dippers & Salads

*Variety of Whole Fruit, Canned or Frozen Fruit & 100% Fruit Juice

*Low Fat White & Flavored Milk Varieties

GRAB & GO DELI SELECTIONS

***MONDAY:** Turkey Hero/Chicken Ranch Wrap/Classic Chef Salad

***TUESDAY:** Tuna Sub/Ham & Cheese Wrap/Chicken Taco Salad

***WEDNESDAY:** Italian Sub/Buffalo Chicken Wrap/Market Salad

***THURSDAY:** American Hero/Turkey Hero Wrap/Harvest Salad

***FRIDAY:** Turkey Hero/Fiesta Chicken Wrap/Popcorn Chicken

Salad