

THE LANCER FOOD COURT

MAY/JUNE 2022

FREE LUNCH & BREAKFAST!



*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: Stuffed Crust Pizza

TUESDAY: Quesadilla Pizza

WEDNESDAY: Mickey's Pizza

THURSDAY: Big Daddy's Pizza

FRIDAY: French Bread Pizza

FOOD COURT FAVS

Mon, 5/2: POPCORN CHICKEN & GARLIC KNOT/CURLY FRIES

Tues, 5/3: SOFT TACO BAR/REFRIED BEANS

Wed, 5/4: CRISPY & SPICY CHICKEN SANDWICH/CRISPY FRIES

Thurs, 5/5: NEW! BUFFALO CHICKEN DIP & CHIPS/STEAMY BROCCOLI

Friday, 5/6: BOSCO STICKS & MARINARA/BROWN SUGAR CARROTS

Mon, 5/9: CHICKEN NUGGETS, SAUCES, BREAD STICK/MIXED VEGGIES

Tuesday, 5/10: FRENCH TOAST STIX/SAUSAGE/HASH BROWNS

Wed, 5/11: BUFFALO CHICKEN FLAT BREAD/POTATO WEDGES

Thurs, 5/12: PIZZA CRUNCHERS/CORN

Friday, 5/13: ULTIMATE NACHO BAR/REFRIED BEANS

Mon, 5/16: TWISTED SLOPPY JOE/TRI-TATERS

Tuesday, 5/17: CHEESY MAC & CORN BREAD/STEAMED BROCCOLI

Wed, 5/18: BURGER BAR/CRISPY FRIES

Thursday, 5/19: POPCORN CHICKEN BOWL & ROLL/CORN

Friday, 5/20: LOADED WAFFLE FRIES & SUPER BREAD

Monday, 5/23: TENDERS & TOTS W/DIPPING SAUCES & MUFFIN TOP

Tuesday, 5/24: CRISPY & SPICY CHICKEN SANDWICH BAR/CORN

Wed, 5/25: CALZONES & MARINARA/MIXED VEGGIES

Thurs, 5/26: PULLED PORK BBQ SANDWICH/TRIANGLE TATERS

Friday, 5/27 & Monday, 5/30: NO SCHOOL FOR STUDENTS

Tues, 5/31: POPCORN CHICKEN & ROLL/CRISPY FRIES

Wed, 6/1: HOT DOG BAR & MAC SALAD/BAKED BEANS

Thurs, 6/2: BUFFALO CHICKEN DIP & CHIPS/BROWN SUGAR CARROTS

Friday, 6/3: BURGER BAR/POTATO WEDGES

Monday, 6/6 - Friday, 6/10—COOKS CHOICE (NO SCHOOL 6/9/22)



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/Chicken Caesar Wrap/Popcorn Chicken

Salad