

## THE LANCER FOOD COURT

**SEPTEMBER 2023**

**FREE LUNCH & BREAKFAST!**

\*MENU IS SUBJECT TO CHANGE

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



### BREAKFAST

#### CHOOSE 1 ENTRÉE:

MONDAY—PANCAKE POPPERS

TUESDAY—BACON/EGG/CHEESE CROISSANT

WEDNESDAY—BREAKFAST PIZZA

THURSDAY—SAUSAGE & EGG SLIDER

FRIDAY—STUFFED HASH BROWN EARLY RISER

\*Fruit Tarts, Donuts, Cereal, Breads & Muffins,

Buns & Breakfast Bars

#### CHOOSE 1 FRUIT AND/OR JUICE:

VARIETY OF JUICE & 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

**WELCOME BACK TO SCHOOL!**



**SEPTEMBER IS NATIONAL  
FRUITS & VEGGIES  
MONTH** #NFVM2022 #haveaplant

**Tues, 9/5: CRISPY & SPICY CHICKEN SANDWICH**

**Wed, 9/6: PIZZA!**

**Thurs, 9/7: CHEESEBURGER & VEGGIE BURGER**

**FRIDAY, 9/8: CHICKEN CHEESE STEAK SANDWICH**

**Mon, 9/11: HOT HAM & CHEESE CROISSANT MELT**

**Tues, 9/12: TURKEY CLUB MELT FLATBREAD**

**Wed, 9/13: PIZZA!**

**Thurs, 9/14: CRISPY & SPICY CHICKEN SANDWICH**

**FRIDAY, 9/15: CHEESEBURGER & VEGGIE BURGER**

**Mon, 9/18: GRILLED CHEESE SANDWICH**

**TUESDAY 9/19: BUFFALO CHICKEN FLATBREAD**

**WEDNESDAY, 9/20: PIZZA!**

**THURSDAY, 9/21: CHEESEBURGER & VEGGIE BURGER**

**FRIDAY, 9/22: CRISPY & SPICY CHICKEN SANDWICH**

**MONDAY, 9/25: BOSCO STICKS & MARINARA SAUCE**

**TUESDAY, 9/26: CHICKEN CHEESE STEAK SANDWICH**

**WEDNESDAY, 9/27: PIZZA!**

**THURSDAY, 9/28: CHICKEN RANCH MELT FLATBREAD**

**FRIDAY, 9/29: BBQ BEEF RIB SANDWICH**

### DAILY SPECIALS

MONDAY—TURKEY HERO/CHICKEN RANCH  
WRAP/CHEF SALAD

TUESDAY—HAM & CHEESE HERO/TURKEY SUB  
WRAP/CHICKEN TACO SALAD

WEDNESDAY—ITALIAN HERO/BUFFALO  
CHICKEN WRAP/MARKET SPINACH SALAD

THURSDAY—AMERICAN HERO/SWEET CHILI  
CHICKEN WRAP/CHICKEN CAESAR SALAD

FRIDAY—TUKEY HERO/HAM & CHEESE WRAP/  
SUMMER COBB SALAD

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

#### Available Daily at Lunch:

\*Variety of Assorted Garden Fresh  
Veggie Dippers

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

\*1% White/1% Flavored Milk

\*SMUCKERS PBJ & YOGURT PARFAIT

THANK YOU FOR YOUR PATIENCE  
AND UNDERSTANDING AS WE ALL  
CONTINUE TO WATCH OUR NEW  
CAFETERIA AND FOOD SERVICE  
OPERATION COME TO

COMPLETION.....

EXCITING THINGS ARE COMING  
YOUR WAY SOON!!!!

