

## JANUARY 2024 MENU—SECONDARY CAMPUS

**\*FREE BREAKFAST & FREE LUNCH  
FOR ALL STUDENTS**



**\*MENU IS SUBJECT TO CHANGE**

**\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

### BREAKFAST

#### CHOOSE 1 ENTRÉE:

MONDAY – FRESH BAKED DONUT

TUESDAY—BACON, EGG & CHEESE CROISSANT

WEDNESDAY—BREAKFAST PIZZA

THURSDAY—SAUSAGE, EGG & CHEESE BISCUIT

FRIDAY—STUFFED HASH BROWN EARLY RISER

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

Buns & Breakfast Bars

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

100% FRUIT JUICE AND FRESH & DRIED FRUIT

#### CHOOSE 1 MILK:

LOW FAT WHITE OR LOW FAT CHOCOLATE MILK

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



## LANCER FOOD COURT FAVS

TUESDAY, 1/2: POPCORN CHICKEN & ROLL/BAKED BEANS

WED, 1/3: ULTIMATE NACHOS/GOLDEN CORN

THURSDAY, 1/4: TOASTED CHEESE SANDWICH & TOMATO SOUP/CARROTS

FRIDAY, 1/5: FRENCH TOAST STIX & SAUSAGE/HASH BROWNS

MON, 1/8: PIZZA CRUNCHERS & MARINARA SAUCE/BROCCOLI

TUES, 1/9: WALKING TACO/REFRIED BEANS

WED, 1/10: CHICKEN TENDERS WITH DIPPING SAUCES & ROLL/CARROTS

THURS, 1/11: MEATBALL MARINARA & MOZZ MELT/CRISPY FRIES

FRIDAY, 1/12: BUFFALO CHICKEN FLAT BREAD/GOLDEN CORN

MON, 1/15: NO SCHOOL FOR STUDENTS/TEACHER PROF ED DAY

TUES, 1/16: CHICKEN NUGGETS & ROLL/MIXED VEGGIES

WED, 1/17: PASTA/MEAT SAUCE & GARLIC BREAD/BROCCOLI

THURS, 1/18: BONELESS CHICKEN WINGS & BREAD STICK/POTATO WEDGES

FRIDAY, 1/19: GENERAL TSO'S CHICKEN & RICE/STIR-FRY VEGGIES

MON, 1/22: CALZONE & MARINARA SAUCE/GREEN BEANS

TUES, 1/23: POPCORN CHICKEN BOWL & ROLL/CORN

WED, 1/24: LOADED TOTCHOS WITH FRESH BAKED CINNAMON ROLL

THURS, 1/25: BOSCO STICKS & MARINARA SAUCE/ROASTED BROCCOLI

FRIDAY, 1/26: NO SCHOOL FOR STUDENTS/TEACHER CLERICAL DAY

MONDAY, 1/29: CHICKEN TENDERS W/DIPPING SAUCES & ROLL/TRI-TATERS

TUESDAY, 1/30: BEEF & CHEESE SOFT TACO/REFRIED BEANS

WED, 1/31: HOMEMADE CHEESY MAC & CORN BREAD/BAKED BEANS

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

*Mon - Pizza Bread—Garlic Cheese & Pepperoni*

*Tues—Big D's BOLD Cheese Pizza & Pepperoni Pizza*

*Wednesday—French Bread Pizza*

*Thursday—Big D's Buffalo Chicken Pizza & 4 Cheese Pizza*

*Friday—Personal Pizza—Cheese & Pepperoni*



## HOW TO MAKE A COMPLETE MEAL:

Choose an Entrée. Complete your meal with 2 veggies, 1 fruit-MS/2 Fruits-HS, and milk

\*Decline items you do not want, but you must choose 3 items total, one of which must be a fruit, juice or veggie

### Available Daily at Lunch:

\*Variety of Fresh Veggies & Salads

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

\*Low Fat White/Low Fat Chocolate Milk

\*SMUCKERS PBJ \*YOGURT PARFAIT

\*SMOOTHIE POWER PACKS

\*MADE TO ORDER DELI IS OPEN!

## GRAB & GO DAILY SPECIALS

MONDAY: Turkey Hero/Chicken Ranch Wrap/  
Chef Salad

TUESDAY: Ham & Cheese Hero/  
Chicken Caesar Wrap/Chicken Taco Salad

WEDNESDAY: Italian Hero/Buffero Chicken Wrap/  
Market Spring Mix Salad with Grilled Chicken

THURSDAY: American Hero/  
Turkey Hero Wrap/Chicken Caesar Salad

FRIDAY: Turkey Hero/  
Ham & Cheese Wrap/Smoky BBQ Crispy Chicken  
Salad

## THE GRILL ZONE

MONDAY: CHICKEN SANDWICH BAR

TUESDAY: BURGER BAR

WEDNESDAY: CHICKEN SANDWICH BAR

THURSDAY: BURGER BAR

FRIDAY: CHICKEN SANDWICH BAR