

FEBRUARY 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

THURSDAY, 2/1: POPCORN CHICKEN & ROLL/POTATO SMILES

FRIDAY, 2/2: BBQ BEEF SANDWICH & SUN CHIPS/GOLDEN CORN

MONDAY, 2/5: PIZZA CRUNCHERS & MARINARA SAUCE/BROCCOLI

TUESDAY, 2/6: ULTIMATE NACHOS/REFRIED BEANS

WED, 2/7: CHICKEN NUGGETS W/DIPPING SAUCES & ROLL/CARROTS

THURSDAY, 2/8: MEATBALL MARINARA & MOZZ MELT/CRISPY FRIES

FRIDAY, 2/9: K-12 EARLY DISMISSAL: DUTCH WAFFLE & SAUSAGE/CORN

MON, 2/12: BONELESS CHICKEN WINGS & BREAD STICK/SWEET POTATO FRIES

TUES, 2/13: TOASTED CHEESE SANDWICH & TOMATO SOUP/MIXED VEGGIES



WED, 2/14: HEART HEALTH AWARENESS DAY!

CHICKEN PARM W/SPAGHETTI & GARLIC BREAD

***TRY SWEET POTATO HUMMUS! *CRISPY FISH SANDWICH AVAILABLE**

THURSDAY, 2/15: GENERAL TSO'S CHICKEN & RICE/STIR-FRY VEGGIES

FRIDAY, 2/16: LOADED TOTCHOS WITH FRESH BAKED CINNAMON ROLL

***MONDAY, 2/19: NO SCHOOL TODAY**

TUESDAY, 2/20: CALZONE & MARINARA SAUCE/GREEN BEANS

WED, 2/21: BUFFALO CHICKEN FLAT BREAD/POTATO WEDGES

THURSDAY, 2/22: POPCORN CHICKEN BOWL & ROLL/CORN

FRIDAY, 2/23: FRENCH TOAST STIX & SAUSAGE/HASH BROWN POTATOES

MONDAY, 2/26: BOSCO STICKS & MARINARA SAUCE/ROASTED BROCCOLI

TUESDAY 2/27: WALKING TACO/REFRIED BEANS

WED, 2/28: CHICKEN TENDERS W/DIPPING SAUCES & ROLL/TRI-TATERS

THURSDAY, 2/29: HOMEMADE CHEESY MAC & CORN BREAD/BAKED BEANS

HOW TO MAKE A COMPLETE LUNCH:

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/Buffalo Chicken Wrap/
Market Spring Mix Salad with Grilled Chicken

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

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

THE GRILL ZONE

MONDAY: CRISPY/SPICY CHICKEN SANDWICH

TUES: CHEESEBURGER/HAMBURGER/VEGGIE BURGER

WED: CRISPY/SPICY CHICKEN SANDWICH

THURS: CHEESEBURGER/HAMBURGER/VEGGIE BURGER

FRIDAY: CRISPY/SPICY CHICKEN SANDWICH

FEBRUARY IS HEART HEALTH AWARENESS MONTH



PIZZA PIZZA!!! FRESH FROM THE OVEN EVERY DAY

Mon - Pizza Bread—Garlic Cheese & Pepperoni

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

Wednesday—Quesadilla Pizza

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

Friday—Personal Pizza—Cheese & Pepperoni

