

APRIL 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—MEGA MAPLE CHICKEN MINIS & WAFFLE STIX

*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

MONDAY, 4/1: NO SCHOOL TODAY

TUESDAY, 4/2: CHICKEN TENDERS/DIPPING SAUCE & ROLL/POTATO SMILES

WED, 4/3: WALKING TACO/REFRIED BEANS

THURSDAY, 4/4: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CORN

FRIDAY, 4/5: PIZZA CRUNCHERS & MARINARA SAUCE/BROCCOLI

MONDAY, 4/8: HOT DOG & PIEROGIES/BAKED BEANS

TUESDAY 4/9: CHICKEN NUGGETS/DIPPING SAUCE & ROLL/CURLEY FRIES

WED, 4/10: BEEF BBQ SANDWICH & SUN CHIPS/GREEN BEANS

THURSDAY, 4/11: CHICKEN WINGS & BREAD STICK/TRI-TATERS

FRIDAY, 4/12: GENERAL TSO'S CHICKEN & RICE & EGG ROLL/STIR FRY VEGGIES

MON, 4/15: BOSCO STICKS & MARIANARA SAUCE/BROCCOLI

TUESDAY, 4/16: CHICKEN TENDERS/DIP SAUCE & MUFFIN TOP/CRISPY FRIES

WED, 4/17: ULTIMATE NACHOS/REFRIED BEANS

THURSDAY, 4/18: POPCORN CHICKEN BOWL & ROLL/CORN

FRIDAY, 4/19: LOADED TOTCHOS & CINNAMON ROLL/TATER TOTS

MONDAY, 4/22: CHEESE STEAK SANDWICH/POTATO WEDGES

TUESDAY 4/23: CHICKEN NUGGETS & DIPPING SAUCE & ROLL/CARROTS

WED, 4/24: FRENCH TOAST STICKS & SAUSAGE/HASH BROWN POTATOES

THURS, 4/25: CHEESY MAC & CORN BREAD/BAKED BEANS

FRIDAY, 4/26: K-12 EARLY DISMISSAL—CALZONE & MARINARA/CORN

MON, 4/29: PIZZA CRUNCHERS & MARINARA/BROCCOLI

TUESDAY, 4/30: BUFFALO CHICKEN FLAT BREAD/WAFFLE TATERS

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/Bufalo 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: CRISPY/SPICY CHICKEN SANDWICH

TUES: CHEESEBURGER/HAMBURGER/VEGGIE BURGER

WEDNESDAY: CRISPY/SPICY CHICKEN SANDWICH

THURS: CHEESEBURGER/HAMBURGER VEGGIE BURGER

FRIDAY: CRISPY/SPICY CHICKEN SANDWICH



Mon - Stuffed Crust Pizza

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

Wednesday—SOCK Pizza

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

Friday—Personal Pizza—Cheese & Pepperoni

PIZZA!

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