

THE LANCER FOOD COURT

MARCH 2025—NATIONAL NUTRITION MONTH

**FREE BREAKFAST & FREE
LUNCH FOR STUDENTS!**

*MENU IS SUBJECT TO CHANGE

*THIS INSTITUTION IS AN EQUAL OPPOR-



FREE BREAKFAST—CHOOSE 1 ENTRÉE:

MONDAY – BREAKFAST BITES & HASH BROWN

TUESDAY—BACON/EGG/CHEESE CROISSANT

WEDNESDAY—BREAKFAST PIZZA

THURSDAY—SAUSAGE, EGG & CHEESE BISCUIT

FRIDAY— PANCAKES OR FRENCH TOAST

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

Waffles, 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

MARCH 3—7 IS SCHOOL BREAKFAST WEEK

PIZZA PIZZA!!!

MONDAY: PIZZA BREAD—CHEESE & PEPPERONI

TUESDAY: BIG D'S BOLD CHEESE & PEPPERONI

WED: SOCK PIZZA—IT'S BACK!!!!!!

**THURS: BIG D'S BUFFALO CHICKEN &
ROLLED EDGE CHEESE PIZZA**

**FRIDAY: PERSONAL PIZZA - CHEESE &
PEPPERONI**

FOOD COURT FAVS

Mon, 3/3: BOSCO STICKS & MARINARA SAUCE/BROCCOLI

Tues, 3/4: CHICKEN NUGGETS & ROLL/CRISPY FRIES

Wed, 3/5: CRUNCHY FISH TACOS & CHURRO/REFRIED BEANS

Thurs, 3/6: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CARROTS

Fri, 3/7: PORK BBQ TOTCHOS & CINNAMON ROLL/TATER TOTS

Mon, 3/10: FRENCH TOAST STIX & SAUSAGE*/HASH BROWN

***CHEESY EGG OMELET SUBSTITUTION AVAILABLE**

Tues, 3/11:CHICKEN TENDERS & ROLL/SWEET POTATO PUFFS

Wed, 3/12: MEATBALL MOZZ MELT SANDWICH/GREEN BEANS

Thurs, 3/13: BBQ CHICKEN & CORN BREAD/CHEESY SCALLOPED POTATOES

Friday, 3/14: NO SCHOOL FOR STUDENTS

Monday, 3/17: PIZZA CRUNCHERS & MARINARA/BROCCOLI

WE'RE SHAMROCKIN' OUR GREEN TODAY!

Tues, 3/18: BUFFALO CHICKEN FLATBREAD/TATER SMILES

Wed, 3/19: WALKING TACO/REFRIED BEANS

Thurs, 3/20:BUFFALO POPCORN CHICKEN CHEESY MAC/CARROTS

Friday, 3/21:TOASTY CHEESE SANDWICH & TOMATO SOUP/PEAS

Mon, 3/24: HAM* & CHEESE PRETZEL ROLL MELT/CRISPY FRIES

***3 CHEESE PRETZEL ROLL MELT AVAILABLE**

Tues, 3/25: CHICKEN NUGGETS & BREAD STICK/BAKED BEANS

Wed, 3/26: BEEF BBQ SANDWICH/POTATO TRIANGLES

Thurs, 3/27: ROAST TURKEY POTATO BOWL & ROLL/CORN

Friday, 3/28:GENERAL TSO'S CHICKEN, RICE & EGG ROLL/

STIR FRY VEGGIES

Monday, 3/31: BOSCO STICKS & MARINARA/BROCCOLI

HOW TO MAKE A COMPLETE LUNCH:

Choose an Entrée. Complete your meal w/
2 veggies, 1 fruit-MS/2 fruits-HS & milk

*Decline items you do not want. 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

*CHEESE & CRACKER SNACKER

GRAB & GO DAILY SPECIALS

MONDAY: Turkey Hero/Chicken Ranch Wrap/
Classic Chef Salad

TUES: Ham & Cheese Sub/Turkey Club
Chub/Southwest Chicken Salad

WED: American Sub/Buffalo Chicken Wrap/
Chicken Cobb Salad

THURSDAY: Italian Flatbread/Turkey Hero
Wrap/Chicken Caesar Salad

FRIDAY: Turkey Hero/
Sweet Chili Chicken Wrap/BBQ Chicken Salad

Vegetarian Salad, Wraps & Subs available daily

THE GRILL ZONE

MONDAY: CRISPY/SPICY CHICKEN SANDWICH

TUES: CHEESEBURGER/HAMBURGER/VEGGIE BURGER

WEDNESDAY: CRISPY/SPICY CHICKEN SANDWICH

THURS: CHEESEBURGER/HAMBURGER/VEG BURGER

FRIDAY: CRISPY/SPICY CHICKEN SANDWICH

TOPPINGS BAR IN THE CAFETERIA