

THE LANCER FOOD COURT

APRIL 2025

FREE BREAKFAST & FREE LUNCH FOR STUDENTS!



*MENU IS SUBJECT TO CHANGE

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

BREAKFAST

CHOOSE 1 ENTRÉE:

MONDAY – BREAKFAST BITES & HASH BROWN

TUESDAY—BACON/EGG/CHEESE CROISSANT

WEDNESDAY—BREAKFAST PIZZA

THURSDAY— CANADIAN TURKEY BACON, EGG & CHEESE BISCUIT

FRIDAY— SNACK'N MAPLE WAFFLE STUFFED WITH CHICKEN SAUSAGE & CHEESE

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

Buns & Breakfast Bars Available Daily

CHOOSE 1 FRUIT AND/OR JUICE:

VARIETY OF JUICE & FRUIT OPTIONS AVAILABLE DAILY

CHOOSE 1 MILK:

LOW FAT WHITE OR CHOCOLATE AVAILABLE DAILY

*CHOOSE AT LEAST 3 FOOD ITEMS—OR UP TO 4 ITEMS

PIZZA PIZZA!!!

MONDAY: FRENCH BREAD PIZZA—RED & GARLIC WHITE

TUESDAY: BIG D'S BOLD CHEESE & PEPPERONI

WED: SOCK PIZZA!

THURS: BIG D'S BUFFALO CHICKEN & CHEESE PIZZA

FRIDAY: PERSONAL PIZZA - CHEESE & PEPPERONI

FOOD COURT FAVS

Tues, 4/1: CHICKEN NUGGETS & ROLL/CRISPY FRIES

Wed, 4/2: ULTIMATE NACHOS/REFRIED BEANS

Thurs, 4/3: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CARROTS

Fri, 4/4: PULLED PORK BBQ SANDWICH/TATER TOTS

Mon, 4/7: FRENCH TOAST STIX & SAUSAGE*/HASH BROWN

*CHEESY EGG OMELET SUBSTITUTION AVAILABLE

Tues, 4/8: CHICKEN TENDERS & ROLL/CURLY FRIES

Wed, 4/9: CHICKEN ALFREDO WITH A TWIST & GARLIC BREAD/
GREEN BEANS

Thurs, 4/10: BUFFALO CHICKEN FLATBREAD/CORN

Friday, 4/11: TOASTY CHEESE SANDWICH & TOMATO SOUP/PEAS

Monday, 4/14: PIZZA CRUNCHERS & MARINARA/BROCCOLI

Tues, 4/15: CHICKEN CHEESE STEAK SANDWICH/TATER SMILES

Wed, 4/16: WALKING TACO/REFRIED BEANS

Thurs, 4/17: NO SCHOOL FOR STUDENTS/TEACHER PROF ED DAY

Friday, 4/18: NO SCHOOL TODAY

Mon, 4/21: NO SCHOOL TODAY

Tues, 4/22: CHICKEN SMACKERS & BREAD STICK/BAKED BEANS

Wed, 4/23: BEEF BBQ SANDWICH/POTATO TRIANGLES

Thurs, 4/24: POPCORN CHICKEN BOWL & ROLL/CORN

Friday, 4/25: PENNE PASTA W/MEAT SAUCE & GARLIC KNOT/
MIXED VEGGIES

Monday, 4/28: BOSCO STICKS & MARINARA/BROCCOLI

Tues, 4/29: CHICKEN NUGGETS & ROLL/CRISPY FRIES

Wed, 4/30: HAM & CHEESE PRETZEL ROLL MELT & FRITOS/CORN

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 Flat Bread/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