

## 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\*