

THE LANCER FOOD COURT

MAY/JUNE 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— FRENCH TOAST BITES OR PANCAKE POPPERS

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

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

PIZZA PIZZAI!

MONDAY: FRENCH BREAD PIZZA

TUESDAY: BIG D'S BOLD CHEESE & PEPPERONI

WED: OUR OWN FRESH BAKED SOCK PIZZA!

THURS: BIG D'S BUFFALO CHICKEN &

ROLLED EDGE CHEESE PIZZA

FRIDAY: PERSONAL PIZZA - CHEESE &

PEPPERONI

***HAVE A GREAT SUMMER!**

FOOD COURT FAVS

Thurs, 5/1: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CARROTS

Fri, 5/2: PORK BBQ TOTCHOS & WARM CINNAMON ROLL/TATER TOTS

Mon, 5/5: CINCO DE MAYO! NEW! COYOTE GRILL CHICKEN QUESADILLAS WITH
FIESTA RICE, SALSA & SOUR CREAM/REFRIED BEANS

Tues, 5/6: CHICKEN TENDERS & ROLL/POTATO WEDGES

Wed, 5/7: TOASTY CHEESE SANDWICH & TOMATO SOUP/PEAS

Thurs, 5/8: BUFFALO CHICKEN FLATBREAD/CORN

Friday, 5/9: ROTINI W/MEATBALLS & GARLIC BREAD/GREEN BEANS

Monday, 5/12: PIZZA CRUNCHERS & MARINARA/BROCCOLI

Tues, 5/13: CHICKEN CHEESE STEAK SANDWICH/TATER SMILES

Wed, 5/14: WALKING TACO/REFRIED BEANS

Thurs, 5/15: BUFFALO POPCORN CHICKEN CHEESY MAC/CARROTS

Friday, 5/16: CHICKEN FAJITA & RICE/ROASTED VEGGIES

Mon, 5/19: HAM & CHEESE CROISSANT MELT/CRISPY FRIES

Tues, 5/20: CHICKEN SMACKERS & BREAD STICK/BAKED BEANS

Wed, 5/21: MEATBALL MOZZARELLA SANDWICH/POTATO TRIANGLES

Thurs, 5/22: POPCORN CHICKEN BOWL & ROLL/CORN

Friday, 5/23: NO SCHOOL TODAY

Monday, 5/26: NO SCHOOL TODAY—HAPPY MEMORIAL DAY!

Tues, 5/27: CHICKEN NUGGETS & ROLL/POTATO STARZ

Wed, 5/28: ULTIMATE NACHOS/MIXED VEGGIES

Thurs, 5/29: PULLED PORK BBQ SANDWICH/CRISPY FRIES

Friday, 5/30: BOSCO STICKS & MARINARA SAUCE/BROCCOLI

Mon, 6/2, Tues, 6/3, Wed, 6/4: FEATURES OF THE DAY

Thurs, 6/5: NO SCHOOL FOR STUDENTS/TEACHER CLERICAL DAY

Friday, 6/6: FEATURES OF THE DAY—LAST DAY OF SCHOOL!

FREE SUMMER MEALS AT LTSD HIGH SCHOOL CAFETERIA

MONDAY—THURSDAY: June 16th—July 10th

BREAKFAST 7:30 AM—8:00 AM/LUNCH 11:00 AM—1:00 PM

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: Hot Honey Chicken Sub/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