

THE LANCER FOOD COURT

NOVEMBER 2025

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



*MENU IS SUBJECT TO CHANGE

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

BREAKFAST

CHOOSE 1 ENTRÉE:

MONDAY – FRENCH TOAST BITES

TUESDAY—BACON/EGG/CHEESE CROISSANT

WEDNESDAY—BREAKFAST CHICKEN BISCUITWICH

THURSDAY— SAUSAGE, EGG & CHEESE SOCK MUFFIN

FRIDAY—WAFFLES OR PANCAKES

*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 FAT FREE CHOCOLATE MILK

*CHOOSE AT LEAST 3 FOOD ITEMS—OR UP TO 4 ITEMS
TOTAL –FOR A COMPLETE, FREE MEAL

PIZZA PIZZA!!!

MONDAY: FRENCH BREAD PIZZA

TUESDAY: BIG D'S BOLD CHEESE & PEPPERONI

WED: SOCK PIZZA

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

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

LANCER CAFÉ FAVS

Mon, 11/3: BOSCO STICKS & MARINARA SAUCE/BROCCOLI

Tues, 11/4: CHICKEN SMACKERS & ROLL/POTATO STARZ

Wed, 11/5: ULTIMATE NACHOS/REFRIED BEANS

Thurs, 11/6: CHICKEN CHEESESTEAK/MIDDLE EASTERN ROASTED CAULIFLOWER

Friday, 11/7: BEEF CHILI & CORNBREAD POPPERS/POTATO TRIANGLES

Mon, 11/10: CHICKEN FAJITA & RICE/MEXICALI CORN

Tues, 11/11: POPCORN CHICKEN & ROLL/MIXED VEGGIES

Wed, 11/12: ALL BEEF HOT DOG & SUN CHIPS/BAKED BEANS

Thurs, 11/13: BUFFALO CHICKEN FLATBREAD/BROWN SUGAR GLAZED CARROTS

Fri, 11/14: BEEF BBQ SANDWICH/TATER TOTS

Mon, 11/17: PIZZA CRUNCHERS & MARINARA SAUCE/BROCCOLI

Tues, 11/18: CHICKEN NUGGETS & ROLL/CRISPY FRIES

Wed, 11/19: WALKING TACO/REFRIED BEANS

Thurs, 11/20: **ROAST TURKEY DINNER!** WITH GRAVY, STUFFING & ROLL/

CRANBERRY SAUCE, MASHED POTATOES & CORN

Friday, 11/21: TOASTY CHEESE SANDWICH & TOMATO SOUP/SWEET PEAS

NO SCHOOL FOR STUDENTS

MONDAY, 11/24/25 THROUGH MONDAY, 12/1/25



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/Fat Free Chocolate Milk

*SMUCKERS PBJ *YOGURT PARFAIT

*CHEESE & CRACKER SNACKER

EAT REAL



GRAB & GO DAILY SPECIALS

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

**TUES: Boom Boom Chicken Sub/Turkey Club
Wrap/Southwest Chicken Salad**

**WED: Turkey Hero/Buffalo Chicken Wrap/
Bistro Chicken Salad**

**THURSDAY: American Sub/BBQ Chicken &
Cheddar Wrap/Chicken Caesar Salad**

**FRIDAY: Turkey Hero/Sweet Chili Chicken
Wrap/Crispy Chicken Market Salad**

Vegetarian Salads & 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