

THE LANCER FOOD COURT

JANUARY 2026

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



*MENU IS SUBJECT TO CHANGE

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

BREAKFAST

CHOOSE 1 ENTRÉE:

MONDAY – BAKE SHOP DONUTS

TUESDAY—BACON/EGG/CHEESE CROISSANT

WEDNESDAY—BREAKFAST PIZZA

THURSDAY— SAUSAGE, EGG & CHEESE BISCUITWICH

FRIDAY— 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: QUESADILLA 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, 1/5: CHICKEN NUGGETS & ROLL/CRISPY FRIES

Tues, 1/6: ULTIMATE NACHOS/REFRIED BEANS

Wed, 1/7: BUFFALO CHICKEN FLATBREAD/POTATO STARZ

Thurs, 1/8: MEATBALL MOZZARELLA MELT/CORN

Friday, 1/9: BOSCO STICKS & MARINARA/BROCCOLI

Mon, 1/12: ALL BEEF HOT DOG & PIEROGIES/BAKED BEANS

Tues, 1/13: CHICKEN TENDERS & BREAD STICK/POTATO SMILES

Wed, 1/14: ROTINI WITH MEAT SAUCE & GARLIC BREAD/GREEN BEANS

Thurs, 1/15: BUFFALO CHICKEN DIP & TORTILLA CHIPS/SAVORY CARROTS

Fri, 1/16: CHICKEN FAJITA & RICE/GOLDEN CORN

Mon, 1/19: NO SCHOOL FOR STUDENTS/TEACHER CLERICAL DAY

Tues, 1/20: CHICKEN SMACKERS & ROLL/SIDE WINDERS

Wed, 1/21: WALKING TACO/REFRIED BEANS

Thurs, 1/22: CHICKEN CHEESE STEAK/POTATO WEDGES

Friday, 1/23: TOASTY CHEESE SANDWICH & TOMATO SOUP/SWEET PEAS

Mon, 1/26: BEEF BBQ SANDWICH/TATER TOTS

Tues, 1/27: POPCORN CHICKEN MASHED POTATO BOWL & ROLL/CORN

Wed, 1/28: FRENCH TOAST STICKS & SAUSAGE/HASH BROWN

Thurs, 1/29: CHICKEN & BOW TIES ALFREDO & GARLIC KNOT/BROCCOLI

Friday, 1/30: GENERAL TSO'S CHICKEN & RICE/TERIYAKI VEGGIES

WELCOME 2026.....HAPPY NEW YEAR!!!



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/Chicken Caesar
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