

THE LANCER FOOD COURT
AUGUST/SEPTEMBER 2026
FREE BREAKFAST & FREE LUNCH
FOR ALL STUDENTS!

*MENU SUBJECT TO CHANGE
 *THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



BREAKFAST

CHOOSE 1 ENTRÉE:

MONDAY – PANCAKES

TUES – BACON, EGG & CHEESE CROISSANT

WED – SAUSAGE & CHEESE CIABATTA MELT

THURS – HOT HONEY CHICKEN BISCUITWICH

FRIDAY – HAM, EGG & CHEESE QUESADILLA

DAILY BAKE SHOP SPECIALS

**COMING SOON! BREAKFAST PROTEIN POWER-UPS!*

**Fruit Tarts, Donuts, Cereal, Breads, Pastries, Muffins & Buns Available Daily*

CHOOSE 1 FRUIT AND/OR FRUIT JUICE:
 VARIETY OF FRUIT & JUICE AVAILABLE DAILY

CHOOSE 1 MILK:
 LOW FAT WHITE OR FAT FREE CHOCOLATE MILK
 OR FAT FREE STRAWBERRY MILK

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

PIZZA PIZZA!!!

MONDAY – FRENCH BREAD CHEESE & FRENCH BREAD GARLIC WHITE PIZZA

TUESDAY – BIG D'S BOLD CHEESE PIZZA & PEPPERONI PIZZA

WEDNESDAY – SOCK PIZZA

THURSDAY – BIG D'S BUFFALO CHICKEN PIZZA & CHEESE PIZZA

FRIDAY – PERSONAL PIZZA – CHEESE & PEPPERONI

LANCER COURT FAVS

MON, 8/31: PIZZA CRUNCHERS & MARINARA/ROASTED BROCCOLI

TUES, 9/1: CHICKEN NUGGETS & ROLL/CRISPY FRIES

WED, 9/2: WALKING TACO/REFRIED BEANS

THURS, 9/3: BUFFALO CHICKEN FLATBREAD/CORN

FRIDAY, 9/4: HAM & CHEESE PRETZEL ROLL MELT/TATER SQUARES

MON, 9/7: LABOR DAY HOLIDAY – NO SCHOOL TODAY

TUES, 9/8: CHICKEN SMACKERS & CORN POPPERS/POTATO SMILES

WED, 9/9: ALL BEEF HOT DOG WITH CHILI & CHEESE/BAKED BEANS

THURS, 9/10: CHICKEN CHEESE STEAK/POTATO TRIANGLES

FRIDAY, 9/11: TOASTY CHEESE SANDWICH & TOMATO SOUP/SWEET PEAS

MON, 9/14 : BOSCO STICKS & MARINARA/ROASTED BROCCOLI

TUES, 9/15: CHICKEN TENDERS & BREAD STICK/TATER TOTS

WED, 9/16: ULTIMATE NACHOS/REFRIED BEANS

THURS, 9/17: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CORN

FRI, 9/18: GENERAL TSO'S CHICKEN & RICE/STIR FRIED VEGGIES

MON, 9/21: PASTA, MEAT SAUCE & GARLIC BREAD/GREEN BEANS

TUES, 9/22: CHICKEN FAJITA, PEPPERS, ONIONS & RICE/MIXED VEGGIES

WED, 9/23: FRENCH TOAST STICKS & SAUSAGE/HASH BROWN

THURS, 9/24: KICKIN' CHICKEN CHEESY MAC & CORN BREAD/CORN

FRIDAY, 9/25: BEEF BBQ SANDWICH/POTATO STARZ

MON, 9/28: PIZZA CRUNCHERS & MARINARA/BROCCOLI

TUES, 9/29: CHICKEN NUGGETS & ROLL/CRISPY FRIES

WED, 9/30: WALKING TACO/REFRIED BEANS

WELCOME BACK TO SCHOOL!!!!

HOW TO MAKE A COMPLETE LUNCH:

Choose an Entrée. Complete your meal w/ 2 veggies, 1 fruit for MS/2 Fruits for HS & Milk

*Decline items you do not want

*Choose 3-5 items total, one of which must be a fruit 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/
 Fat Free Strawberry Milk

GRAB & GO DAILY SPECIALS

*SMUCKERS PBJ *YOGURT PARFAIT
 *CHEESE & CRACKER SNACKER

MONDAY: TURKEY HERO/CHICKEN RANCH WRAP
 CLASSIC CHEF SALAD

TUES: ITALIAN HERO/TURKEY CLUB WRAP
 SOUTHWEST CHICKEN TACO SALAD

WED: TURKEY HERO/BUFFALO CHICKEN WRAP
 BISTRO CHICKEN COBB SALAD

THURS: AMERICAN HERO/HAM & CHEESE WRAP
 CHICKEN CAESAR SALAD

FRIDAY: TURKEY HERO/SWEET CHILI CHICKEN WRAP
 CRISPY CHICKEN FARMER'S MARKET SALAD

VEGETARIAN SALADS & SUBS AVAILABLE DAILY

THE GRILL ZONE

MONDAY: CRISPY/SPICY CHICKEN SANDWICH

TUESDAY: CHEESEBURGER/ HAMBURGER/ VEGGIE BURGER

WEDNESDAY: CRISPY/SPICY CHICKEN SANDWICH

THURSDAY: CHEESEBURGER/HAMBURGER VEGGIE BURGER

FRIDAY: CRISPY/SPICY CHICKEN SANDWICH