

THE LANCER FOOD COURT

OCTOBER 2026

FREE BREAKFAST & FREE LUNCH FOR ALL STUDENTS!

*MENU SUBJECT TO CHANGE

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY
PROVIDER



BREAKFAST

CHOOSE 1 ENTRÉE:

MONDAY – BREAKFAST PIZZA

TUES – BACON, EGG & CHEESE CROISSANT

WED – HAM & CHEESE CIABATTA MELT

THURS – SAUSAGE & CHEESE BISCUITWICH

FRIDAY – EARLY RISER HASHBROWN

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 – STUFFED CRUST 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

THURS, 10/1: MEATBALL & MOZZARELLA SANDWICH/CORN

FRIDAY, 10/2: HAM & CHEESE CROISSANT MELT/TATER SQUARES

MON, 10/5: ORANGE CHICKEN & RICE/STIR FRIED VEGGIES

TUES, 10/6: CHICKEN SMACKERS & CORN POPPERS/POTATO SMILES

WED, 10/7: ALL BEEF HOT DOG WITH FRITOS/BAKED BEANS

THURS, 10/8: CHICKEN CHEESE STEAK/POTATO TRIANGLES

FRIDAY, 10/9:EARLY DISMISSAL-BOSCO STICKS & MARINARA/ BROCCOLI

MON, 10/12 : NO SCHOOL TODAY – NATIONAL SCHOOL LUNCH WEEK!
CAFETERIA CIRCUS: WHERE NUTRITION TAKES CENTER STAGE!

TUES, 10/13: STRONGMAN'S MIGHTY NUGGETS W/SOFT PRETZEL BITES/WAFFLE FRIES

WED, 10/14: CLOWN'S CRISPY CRISPITOS - NACHOS/CORN

THURS, 10/15: HOT DIGGITY DOG CORN DOG/BAKED BEANS

FRI, 10/16: **UNDER THE BIG TOP DUTCH WAFFLE & SAUSAGE/PARADISE PUNCH**

MON, 10/19: PASTA, MEAT SAUCE & GARLIC BREAD/GREEN BEANS

TUES,10/20:CHICKEN FAJITA, PEPPERS, ONIONS & RICE/TEX-MEX VEGGIES

WED, 10/21: CALZONE/SWEET PEAS

THURS, 10/22: POPCORN CHICKEN BOWL WITH & ROLL/CORN

FRIDAY, 10/23: BEEF BBQ SANDWICH/POTATO STARZ

MON, 10/26: PIZZA CRUNCHERS & MARINARA/BROCCOLI

TUES, 10/27: CHICKEN TENDERS & ROLL/SPIRAL FRIES

WED, 10/28: WALKING TACO/REFRIED BEANS

THURS, 10/29: BUFFALO CHICKEN FLATBREAD/CORN

FRIDAY, 10/30: MUMMY DOGS/SKELETON BONES/EEEK! FROSTY FRUIT CUP

HAPPY HALLOWEEN TREAT!!!!



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

**WEDNESDAY: CRISPY/SPICY CHICKEN
SANDWICH**

THURSDAY:CHEESEBURGER/HAMBURGER

**FRIDAY: CRISPY/SPICY CHICKEN
SANDWICH**