

## **THE LANCER FOOD COURT**

### **NOVEMBER 2026 FREE BREAKFAST & FREE LUNCH FOR ALL STUDENTS!**

\*MENU SUBJECT TO CHANGE

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



### **BREAKFAST**

#### **CHOOSE 1 ENTRÉE:**

MONDAY – SAUSAGE WAFFLEWICH

TUES – BACON, EGG & CHEESE CROISSANT

WED – SAUSAGE & CHEESE BISCUIT

THURS – EGG BITES & HASH BROWN

FRIDAY – IT'S BACK!!! HEARTY BREAKFAST BOWL

#### ***\*DAILY BAKE SHOP SPECIALS\****

\*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 – QUESADILLA 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, 11/2: MEATBALL & MOZZARELLA MELT SANDWICH/CORN

TUES, 11/3: CHICKEN SMACKERS & ROLL/POTATO SMILES

WED, 11/4: GENERAL TSO'S CHICKEN & RICE/SAVORY CARROTS

THURS, 11/5: CHICKEN CHEESE STEAK/POTATO TRIANGLES

FRIDAY, 11/6: TOASTY CHEESE SANDWICH & TOMATO SOUP/BAKED  
BEANS

MON, 11/9: BOSCO STICKS & MARINARA/ROASTED BROCCOLI

TUES, 11/10: CHICKEN TENDERS & BREAD STICK/TATER STARZ

WED, 11/11: ULTIMATE NACHOS/REFRIED BEANS

THURS, 11/12: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CORN

FRI, 11/13: KICKIN CHICKEN CHEESY MAC & CORNBREAD/  
ROASTED BRUSSELS SPROUTS

MON, 11/16: CHICKEN ALFREDO & GARLIC BREAD/GREEN BEANS

TUES, 11/17: BEEF BBQ TOT BOWL WITH ONION RINGS & FRESH BAKED  
CINNAMON ROLL/TATER TOTS

WED, 11/18: CHICKEN FAJITA WITH RICE, PEPPERS & ONIONS/MIXED  
VEGGIES

THURS, 11/19: ROAST TURKEY, STUFFING & MASHED POTATO BOWL  
WITH HOMEMADE PUMPKIN BREAD/CORN

FRIDAY, 11/20: PIZZA CRUNCHERS/SWEET PEAS

MONDAY, 11/23/26 – MONDAY 11/30/26: NO SCHOOL FOR STUDENTS



## **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**