

## THE LANCER FOOD COURT

OCTOBER 2024

FREE BREAKFAST & FREE  
LUNCH FOR STUDENTS!



\*MENU IS SUBJECT TO CHANGE

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

### BREAKFAST

#### CHOOSE 1 ENTRÉE:

MONDAY – BREAKFAST BITES & HASH BROWN

TUESDAY—BACON/EGG/CHEESE CROISSANT

WEDNESDAY—BREAKFAST PIZZA

THURSDAY—SAUSAGE, EGG & CHEESE BISCUIT

FRIDAY—FRESH BAKED DONUT

\*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 CHOCOLATE 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 & 4 MEAT**

**WED: SOCK PIZZA**

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

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

## FOOD COURT FAVS

Tues, 10/1: CHICKEN NUGGETS & ROLL/POTATO SMILES

Wed, 10/2: ALL BEEF HOT DOG & PIEROGIES/BAKED BEANS

Thurs, 10/3: HAM & CHEESE MELT/POTATO TRIANGLES

Fri, 10/4: GENERAL TSO'S CHICKEN, RICE & EGG ROLL/MIXED VEGGIES

Mon, 10/7: BOSCO STICKS & MARINARA SAUCE/BROCCOLI

Tues, 10/8: CHICKEN TENDERS & MUFFIN TOP/WAFFLE TATERS

Wed, 10/9: ULTIMATE NACHOS/ REFRIED BEANS

Thurs, 10/10: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CORN

Friday, 10/11: TOTCHOS & CINNAMON ROLL/TATER TOTS

Mon, 10/14: NO SCHOOL FOR STUDENTS/TEACHER PROF ED DAY

Tues, 10/15: CHICKEN SMACKERS & ROLL/CRISPY FRIES

Wed, 10/16: FRENCH TOAST STIX & SAUSAGE/HASH BROWN

Thurs, 10/17: CHICKEN ALFREDO WITH A TWIST & BREAD STICK/CORN

Fri, 10/18: TOASTY CHEESE SANDWICH & TOMATO SOUP/BAKED BEANS

Mon, 10/21: PIZZA CRUNCHERS & MARINARA SAUCE/BROCCOLI

Tues, 10/22: CHICKEN TENDERS & BISCUIT/POTATO WEDGES

Wed, 10/23: WALKING TACO/REFRIED BEANS

Thurs, 10/24: BUFFALO CHICKEN FLATBREAD/SPIRAL FRIES

Friday, 10/25: PASTA, MEATBALLS, GARLIC BREAD/GREEN BEANS

Mon, 10/28: HAM & CHEESE MELT/CRISPY FRIES

Tues, 10/29: POPCORN CHICKEN BOWL & ROLL/CORN

Wed, 10/30: CALZONE & MARINARA SAUCE/ BAKED BEANS

Thurs, 10/31: SCARY GOOD CHEDDAR CHEESEBURGER

MEATLOAF & WARM GARLIC KNOT/SCALLOPED POTATOES

HAPPY HALLOWEEN!!!

## 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/Low Fat Chocolate Milk

\*SMUCKERS PBJ \*YOGURT PARFAIT

\*SMOOTHIE POWER PACKS

\*CHEESE & CRACKER SNACKER

### GRAB & GO DAILY SPECIALS

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

TUES: Ham & Cheese Sub/Chicken Caesar  
Wrap/Southwest Chicken Salad

WED: American Sub/Buffalo Chicken Wrap/  
Antipasti Salad

THURSDAY: Italian Sub/Turkey Hero Wrap/  
Chicken Caesar Salad

FRIDAY: Turkey Hero/  
Ham & Cheese Wrap/BBQ Chicken Salad

\*Vegetarian Salad, Wraps & 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

\*NEW TOPPINGS BAR IN THE CAFETERIA\*