

THE LANCER FOOD COURT

NOVEMBER 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—DUTCH WAFFLE

*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: FRENCH BREAD PIZZA

TUESDAY: BIG D'S BOLD CHEESE & 4 MEAT

WED: QUESADILLA PIZZA

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

FRIDAY: PERSONAL PIZZA - CHEESE & PEPPERONI

FOOD COURT FAVS

Friday, 11/1: CHICKEN NUGGETS & ROLL/POTATO SMILES

Mon, 11/4: BOSCO STICKS & MARINARA SAUCE/BROCCOLI

Tues, 11/5: CHICKEN TENDERS & MUFFIN TOP/WAFFLE TATERS

Wed, 11/6: ULTIMATE NACHOS/REFRIED BEANS

Thurs, 11/7: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CORN

Friday, 11/8: TOTCHOS & CINNAMON ROLL/TATER TOTS

Mon, 11/11: MEATBALL MOZZARELLA SANDWICH/CARROTS

Tues, 11/12: CHICKEN SMACKERS & PIEROGIES/GREEN BEANS

Wed, 11/13: FRENCH TOAST STIX & SAUSAGE/HASH BROWN

Thurs, 11/14: CHICKEN CHEESESTEAK SANDWICH/POTATO WEDGES

Fri, 11/15: BUFFALO POPCORN CHICKEN CHEESY MAC/BAKED BEANS

Mon, 11/18: LANCER MAC'BURGER/CRISPY FRIES

Tues, 11/19: WALKING TACO/REFRIED BEANS

Wed, 11/20: PIZZA CRUNCHERS & MARINARA SAUCE/BROCCOLI

Thurs, 11/21: ROAST TURKEY DINNER!

WITH MASHED POTATOES/GRAVY & STUFFING/CORN

Friday, 11/22: BUFFALO CHICKEN FLAT BREAD/SPIRAL FRIES

K-12 EARLY DISMISSAL NOVEMBER 25, 26, 27

Mon, 11/25: TANGY PORK BBQ SANDWICH/POTATO STARZ

Tues, 11/26: CHICKEN NUGGETS & ROLL/CARROTS

Wed, 11/27: CALZONE & MARINARA SAUCE/GOLDEN CORN

HAPPY THANKSGIVING!!!!

NO SCHOOL 11/28—12/24

SEE YOU ON TUESDAY, DECEMBER 3RD

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/
Chicken Cobb 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

TOPPINGS BAR IN THE CAFETERIA