

THE LANCER FOOD COURT

DECEMBER 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— MINI POCKETS—SAUSAGE & GRAVY

*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: STUFFED CRUST PIZZA

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

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

FOOD COURT FAVS

Mon, 12/2: NO SCHOOL TODAY

Tues, 12/3: CHICKEN TENDERS & MUFFIN TOP/TATER TRIANGLES

Wed, 12/4: ULTIMATE NACHOS/ REFRIED BEANS

Thurs, 12/5: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CORN

Friday, 12/6: LANCER MAC'BURGER/SIDE WINDERS

Mon, 12/9: BOSCO STICKS & MARINARA SAUCE/BROCCOLI

Tues, 12/10: CHICKEN SMACKERS & ROLL/POTATO WEDGES

Wed, 12/11: BEEF BBQ SANDWICH & FRITOS/CORN

Thurs, 12/12: CHICKEN CHEESE STEAK SANDWICH/CRISPY FRIES

Fri, 12/13: MINI BUFFALO CALZONES/BAKED BEANS

Mon, 12/16: MEATBALL SANDWICH/HONEY SWEET CARROTS

Tues, 12/17: TOTCHOS & CINNAMON ROLL/TATER TOTS

Wed, 12/18: BUFFALO CHICKEN FLATBREAD/POTATO SMILES

Thurs, 12/19: ROAST TURKEY, GRAVY & MASHED POTATO BOWL

WITH CHEESY BREAD STICK/CORN

Friday, 12/20: PIZZA CRUNCHERS & MARINARA SAUCE/BROCCOLI

K-12 EARLY DISMISSAL DECEMBER 20TH

HAPPY HOLIDAYS!!!!!!

NO SCHOOL 12/23/24—1/1/25

SEE YOU ON THURSDAY, JANUARY 2ND



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