

## THE LANCER FOOD COURT

FEBRUARY 2025

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— BREAKFAST BURRITO

\*Fruit Tarts, Donuts, Cereal, Breads & Muffins,

Bagels, Bake Shop, 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: QUESADILLA PIZZA**

**TUESDAY: BIG D'S BOLD CHEESE & PEPPERONI**

**WED: FRENCH BREAD PIZZA—RED & GARLIC  
WHITE**

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

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

## FOOD COURT FAVS

Mon, 2/3: BOSCO STICKS & MARINARA SAUCE/BROCCOLI

Tues, 2/4: CHICKEN NUGGETS & ROLL/CRISPY FRIES

Wed, 2/5: ULTIMATE NACHOS/REFRIED BEANS

Thurs, 2/6: BUFFALO CHICKEN DIP & TORTILLA CHIPS/CARROTS

Fri, 2/7: PORK BBQ TOTCHOS\* & CINNAMON ROLL/TATER TOTS

\*CHICKEN BBQ SUBSTITUTION AVAILABLE

Mon, 2/10: BBQ ROAST CHICKEN & CORN BREAD/  
SCALLOPED POTATOES

Tues, 2/11: CHICKEN TENDERS & ROLL/POTATO WEDGES

Wed, 2/12: HEART HEALTH DAY!!!! \*WEAR RED TODAY\*

THAI CHILI RICE BOWL\* & GARLIC KNOT/ROASTED VEGGIES

\*WITH KICKIN' CHICKEN MANGO JALAPENO MEATBALLS

Thurs, 2/13: BUFFALO CHICKEN FLATBREAD/CORN

Friday, 2/14: NO SCHOOL TODAY

Monday 2/17: NO SCHOOL TODAY

Tues, 2/18: PIZZA CRUNCHERS & MARINARA/BROCCOLI

Wed, 2/19: WALKING TACO/REFRIED BEANS

Thurs, 2/20: BUFFALO POPCORN CHICKEN CHEESY MAC/  
HONEY SWEET CARROTS

Friday, 2/21: CHICKEN CHEESE STEAK/TATER STARZ

Mon, 2/24: CHICKEN FAJITAS & RICE/FIESTA CORN

Tues, 2/25: CHICKEN SMACKERS & BREAD STICK/BAKED BEANS

Wed, 2/26: BEEF CHILI & CORNBREAD POPPERS/POTATO TRIANGLES

Thurs, 2/27: POPCORN CHICKEN BOWL & ROLL/CORN

Friday, 2/28: TOASTED CHEESE SANDWICH & TOMATO SOUP/BAKED  
BEANS

## 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\*