



MY LUNCHTIME CHOICES!

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



Cool Choices: Available every day

Yogurt

Menu Notes:

Vegetarian
 Homestyle/Scratch
 Good Source of Fiber

Mon	Tue	Wed	Thu	Fri
Holiday Meal Thurs. Dec. 15 th 			A. Homestyle Cavatini B. Hot Dog Green Beans Fresh Baked Breadstick	A. Godfather's Pizza B. Baked Breaded Pork Sandwich Steamed Carrots
A. Homestyle Meatloaf B. Baked Chicken Nuggets Mashed Potatoes & Gravy	A. Soft Shell Taco B. Baked Corn Dog Marinated Black Bean Salad Fresh Baked Chocolate Chip Cookie	A. Hamburger or Cheeseburger B. Italian Dunkers with Marinara Sauce Green Beans	A. Homestyle Beef Chili B. Grilled Chicken Sandwich Peas Fresh Baked Cinnamon Roll	A. New To The Menu: A. Chicken, Tomato & Spinach Penne Pasta B. Pizza Green Beans Fresh Baked Breadstick
Breakfast for Lunch A. Pancakes and Sausage B. Buffalo Chicken Wrap or BBQ Chicken Wrap Baked Tri-Tator Hashbrown	A. Homestyle Beef & Cheese Enchilada Hotdish B. Baked Crispy Chicken Sandwich Whole Grain Rice	NO SCHOOL District LSE FFA	Holiday Meal A. Turkey Roast B. Chicken Nuggets Mashed Potatoes & Gravy Candied Carrots Fresh Baked Dinner Roll Christmas Cookie 	A. Pizza B. Toasted Cheese Sandwich with Tomato Soup Golden Corn
A. Homestyle Scalloped Potatoes & Ham B. Hamburger or Cheeseburger Mixed Vegetables Fresh Baked Ranger Cookie	A. Super Mexican Potatoes B. Baked Breaded Pork Sandwich Refried Beans	A. Skillet Macaroni and Beef B. Baked Mini Corn Dogs Green Beans	NO SCHOOL 	NO SCHOOL
NO SCHOOL 	NO SCHOOL 	NO SCHOOL 	NO SCHOOL 	NO SCHOOL

Meal Prices

ES Lunch \$2.25
 Adult Lunch \$2.75
 Reduced Price \$0.40

Applications for Free and Reduced price meals are available at the school office

Questions Comments

Contact Charlene Smith, Food Service Director at 712-898-5224 or charlene@lunchtimesolutions.com

Extras Available

Extra Entrée \$1.50
 Extra Fresh Baked Pizza \$1.75
 Extra Godfather's Pizza \$1.75
 Extra Milk \$.40



FARMERS MARKET SELECTIONS



December Selection: Carrots

Discover the nutritional benefits of Carrots on the poster in the dining area or at: <http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

New To The Menu Announcing Chicken, Tomato & Spinach Penne Pasta!



The flavors of tender chicken, juicy tomatoes and fresh spinach make a delicious combination with penne pasta for a hearty winter meal!

Lunchtime Solutions, Inc.

Creative Solutions to School Food Service®