



MY LUNCHTIME CHOICES!

Fruit & Veggie Bar & Milk Choices

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



Cool Entree Choices: Available every day

MWF - Entrée Salads
Yogurt
TTH - Sub Sandwich

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!



Mon	Tue	Wed	Thu	Fri
Holiday Meal Thurs. Dec. 15th 	Menu Notes: Vegetarian 🌿 Homestyle/Scratch 😊 Good Source of Fiber ✓		A. Homestyle Cavatini 😊 B. Hot Dog Green Beans ✓ Fresh Baked Breadstick	A. Pizza Hut Pizza 🌿 B. Baked Breaded Pork Sandwich Steamed Carrots ✓
A. Homestyle Meatloaf 😊 B. Baked Chicken Nuggets Mashed Potatoes & Gravy	A. Hard or 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	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 B. Baked Spicy Chicken Sandwich Whole Grain Rice ✓ Chef Prepared Entrée	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

MS Lunch	\$2.25
HS Lunch	\$2.25
Adult Lunch	\$2.75
Reduced Price Lunch	\$0.40

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 Pizza Hut Pizza	\$1.75
Extra Milk	\$.40
Bottled Water	\$1.00



Applications for Free and reduced meals are available at the school office.

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>

Chef Prepared Entrée Tues. December 13th

Italian Sausage and Pasta! Zesty Italian sausage, zucchini and red peppers paired with a creamy ricotta cheese sauce and tossed with tender pasta. The colors of the season come out in this tasty dish! The entrée is available for \$3.95 and includes the Fruit and Veggie bar and milk choice. You must have money in your account to choose this entrée.

