



## 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
		1 A. Country Fried Steak B. Baked Chicken Nuggets Mashed Potatoes & Gravy Frosted Yellow Cake	2 A. Homestyle Cavatini B. Hot Dog Green Beans Fresh Baked Breadstick	3 A. Godfather's Pizza B. Baked Breaded Pork Sandwich Steamed Carrots 
6 <b>No School Today Parent Teacher Conferences</b>	7 A. Hard or Soft Shell Taco B. Baked Corn Dog Marinated Black Bean Salad Fresh Baked Chocolate Chip Cookie	8 A. Hamburger or Cheeseburger B. Italian Dunkers with Marinara Sauce Green Beans	9 A. Homestyle Beef Chili B. Grilled Chicken Sandwich Peas Fresh Baked Cinnamon Roll	10 A. <b>New!</b> Macaroni Carbonara B. Pizza Steamed Broccoli
13 <u>Breakfast for Lunch</u> A. Pancakes and Sausage B. Buffalo Chicken Wrap or BBQ Chicken Wrap Baked Tri-Tator Hashbrown	14 A. Homestyle Beef & Cheese Enchilada Hotdish B. Baked Crispy Chicken Sandwich Whole Grain Rice	15 A. Sloppy Joe B. Hot Dog Baked Beans Blueberry Crisp Dessert 	16 A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich Green Beans Fresh Baked Breadstick	17 A. Pizza B. Toasted Cheese Sandwich with Tomato Soup Golden Corn
20 A. Homestyle Scalloped Potatoes & Ham B. Hamburger or Cheeseburger Mixed Vegetables Fresh Baked Ranger Cookie	21 A. Super Mexican Potatoes B. Baked Breaded Pork Sandwich Refried Beans	22 A. Golden Macaroni & Cheese B. Baked Mini Corn Dogs Green Beans Grapefruit 	23 A. Turkey & Gravy (over Mashed Potatoes) B. Baked Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll	24 A. Hot Mexican Sub B. Pizza Golden Corn
27 A. Homestyle Chicken & Noodles (over mashed potatoes) B. Baked Breaded Beef Fingers Mashed Potatoes & Gravy	28 A. Super Nachos B. BBQ Rib Sandwich Whole Grain Mexican Rice	29 A. Hot Dog B. Cheesy Ham Smothered Baked Potato BBQ Beans Frosted Chocolate Cake		

### 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](mailto: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



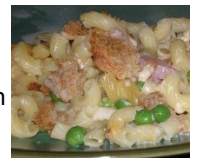
### February Selection: Blueberries & Grapefruit

Discover the nutritional benefits of Blueberries & Grapefruit on the posters in the dining area or at: <http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

### New To The Menu

#### Macaroni Carbonara

Carbonara means delicious ham! We're taking tender elbow macaroni with a creamy white sauce and adding peas and diced ham for a smoky, creamy entrée!



Lunchtime Solutions, Inc.

Creative Solutions to School Food Service®