



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
2 NO SCHOOL 	3 NO SCHOOL 	4 NO SCHOOL Moving Day! 	5 A. Homestyle Lasagna B. Baked Crispy Chicken Sandwich Green Beans Fresh Baked Breadstick	6 A. Godfather's Pizza B. Beef & Bean Burrito Steamed Carrots Frosted Chocolate Cake
9 A. Golden Macaroni & Cheese B. Hamburger or Cheeseburger Green Beans	10 A. Fajita B. Fresh Baked Bread Sticks with Meat Sauce Marinated Black Bean Salad Fresh Baked Chocolate Chip Cookie	11 A. Baked Chicken Nuggets B. Country Fried Steak Mashed Potatoes & Gravy	12 A. Homestyle Beef Chili B. Baked Corn Dog Steamed Broccoli Fresh Baked Cinnamon Roll 	13 A. Grilled Chicken Sandwich B. Pizza Peas
16 A. Teriyaki Chicken (over Rice) B. Toasted Cheese Sandwich w/Tomato Soup Whole Grain Rice Fortune Cookie	17 A. Taco Burger B. Hot Dog Baked Mexi Tots	18 A. Homestyle Ham & Beans with Golden Cornbread B. Baked Crispy Chicken Sandwich Peas	19 A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich Green Beans Fresh Baked Cinnamon Breadstick	20 A. Pizza B. MoJo Sandwich Golden Corn
23 A. Creamy Chicken Stew B. Hamburger or Cheeseburger Mixed Vegetables	24 A. Taco in a Bag B. Hot Pepperoni Sub Golden Corn Fresh Baked Sugar Cookie	25 A. Homestyle BBQ Pork Sandwich B. Baked Mini Corn Dogs Baked Beans	26 A. Beef & Gravy (over Mashed Potatoes) B. Baked Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll	27 A. Homestyle Burrito B. Pizza Tortilla Chips & Salsa
30 A. New to the Menu! Skillet Cheeseburger Mac B. Baked Crispy Chicken Sandwich Golden Corn	31 A. Super Nachos B. Baked Breaded Fish Sandwich Refried Beans			

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



January Selection: Beef

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

New To The Menu

Announcing Skillet Cheeseburger Mac! "There is nothing better than Macaroni and Cheese, except when we add 100% pure All American ground beef to it! This hearty comfort food is a new home-style favorite. Let us know what you think!"



Lunchtime Solutions, Inc.

Creative Solutions to School Food Service®