



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

Menu Notes:

Vegetarian
Homestyle/Scratch
Good Source of Fiber

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

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



Creative Solutions to School Food Services

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



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!"