



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. Nov. 17 th 	1 A. Super Nachos B. BBQ Rib Sandwich Whole Grain Mexican Rice	2 A. Hot Dog B. Cheesy Ham Baked Potato BBQ Beans Frosted Chocolate Cake	New to the Menu! 3 A. California Lasagna B. Baked Crispy Chicken Sandwich Green Beans Fresh Baked Breadstick	4 A. Godfather's Pizza B. Beef & Bean Burrito Steamed Carrots
7 A. Golden Macaroni & Cheese B. Hamburger or Cheeseburger Green Beans	8 A. Fajita B. Fresh Baked Bread Sticks with Meat Sauce Marinated Black Bean Salad Fresh Baked Chocolate Chip Cookie	9 A. Baked Chicken Nuggets B. Country Fried Steak Mashed Potatoes & Gravy	10 A. Homestyle Beef Chili B. Baked Corn Dog Steamed Broccoli Fresh Baked Cinnamon Roll	11 A. Grilled Chicken Sandwich B. Pizza Peas
14 A. Teriyaki Chicken (over Rice) B. Toasted Cheese Sandwich with Tomato Soup Whole Grain Rice Fortune Cookie	15 A. Taco Burger B. Hot Dog Baked Mexi Tots	16 A. Spaghetti with Meat Sauce B. Baked Crispy Chicken Sandwich Green Beans Breadstick	Holiday Meal 17 A. Roast Turkey B. Hot Ham & Cheese Mashed Potatoes/Gravy Winter Squash Fresh Baked Dinner Roll Pumpkin Bar	18 A. Pizza B. MoJo Sandwich Golden Corn
21 A. Creamy Chicken Stew B. Hamburger or Cheeseburger Steamed Broccoli	22 A. Taco in a Bag B. Hot Pepperoni Sub Golden Corn Fresh Baked Sugar Cookie	23 A. Homestyle BBQ Pork Sandwich B. Baked Mini Corn Dogs Baked Beans	24 NO SCHOOL 	25 NO SCHOOL
28 A. Homestyle Tator Hotdish B. Baked Crispy Chicken Sandwich Golden Corn	29 A. Super Nachos B. Baked Breaded Fish Sandwich Refried Beans	30 A. Country Fried Steak B. Baked Chicken Nuggets Mashed Potatoes & Gravy Frosted Yellow 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

Extras Available

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



FARMERS MARKET SELECTIONS



November Selection: Winter Squash

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



New To The Menu Announcing California Lasagna!



Our NEW lasagna is *creamy, cheesy and hearty*. Dive into layers of pasta, tasty vegetables, gooey cheese and creamy alfredo sauce. It's a new take on a traditional Italian favorite!



Creative Solutions to School Food Service