



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 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!

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! A. California Lasagna 😊 B. Baked Crispy Chicken Sandwich Green Beans ✓ Fresh Baked Breadstick	4 A. Pizza Hut 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 Chocolate Chip Cookie Chef Prepared Entrée	9 A. Chicken Dinner Bowl 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 Spicy Chicken Sandwich Green Beans ✓ Breadstick	Holiday Meal 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	Menu Notes: Vegetarian Homestyle/Scratch Good Source of Fiber ✓	

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



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>

Chef Prepared Entrée Tues. November 8th Cheese Tortellini Fresco



Rich cheese filled tortellini tossed with ham, onion, fresh tomatoes, garlic and Italian seasonings. The entrée is available for a special price of \$3.95 and includes the Fruit and Veggie bar and milk choice. You must have money in your account to choose this entrée.