



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
<p>No School Parent Teacher Conferences 3</p>	<p>4</p> <p>A. Super Nachos B. Baked Breaded Fish Sandwich Refried Beans </p>	<p>5</p> <p>A. Country Fried Steak B. Baked Chicken Nuggets Mashed Potatoes & Gravy Frosted Yellow Cake</p>	<p>6</p> <p>A. Homestyle Cavatini B. Hot Dog Green Beans Fresh Baked Breadstick</p>	<p>7</p> <p>A. Godfather's Pizza B. Breaded Pork Sandwich Steamed Carrots </p>
<p>10</p> <p>A. Homestyle Meatloaf B. Baked Chicken Nuggets Mashed Potatoes & Gravy Locally Grown Apples </p>	<p>11</p> <p>A. Hard or Soft Shell Taco B. Baked Corn Dog Marinated Black Bean Salad Chocolate Chip Cookie</p>	<p>12</p> <p>A. Hamburger or Cheeseburger B. Italian Dunkers with Marinara Sauce Green Beans </p>	<p>13</p> <p>A. Homestyle Beef Chili B. Grilled Chicken Sandwich Peas Fresh Baked Cinnamon Roll</p>	<p>14</p> <p>A. Golden Macaroni & Cheese B. Pizza Steamed Broccoli </p>
<p><u>Breakfast for Lunch</u> 17</p> <p>A. Pancakes and Sausage B. Baked Crispy Chicken Sandwich Baked Tri-Tator Hashbrown</p>	<p>18</p> <p>A. Homestyle Beef & Cheese Enchilada Hotdish B. Hot Dog Whole Grain Rice Homemade Rice Krispie Treat</p>	<p>19</p> <p>A. New to the Menu! MoJo Sandwich B. Buffalo Chicken Wrap or BBQ Chicken Wrap Baked Beans </p>	<p>20</p> <p>A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich Green Beans Fresh Baked Cinnamon Breadstick</p>	<p>21</p> <p>A. Pizza B. Toasted Cheese Sandwich with Tomato Soup Golden Corn </p>
<p>24</p> <p>A. Homestyle Scalloped Potatoes & Ham B. Hot Pepperoni Sub Steamed Broccoli Fresh Baked Ranger Cookie</p>	<p>25</p> <p>A. Super Mexican Potatoes B. Baked Breaded Pork Sandwich Refried Beans </p>	<p>26</p> <p>A. Skillet Macaroni and Beef B. Baked Mini Corn Dogs Golden Corn </p>	<p>27</p> <p>A. Turkey & Gravy (over Mashed Potatoes) B. Baked Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll</p>	<p>28</p> <p>No School Fall Break</p>
<p>31</p> <p>A. Homestyle Chicken & Noodles B. Baked Breaded Beef Fingers Mashed Potatoes & Gravy Halloween Cookie </p>				

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



October selection: Apples

Find out the nutritional benefits of Apples on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

New To The Menu Announcing the MoJo Sandwich!!



Tender Midwestern 100% pure ground beef simmered with a special blend of seasonings is served on a bakery fresh bun with cheese and dill pickle slices. Also known as a Loosemeat or Tavern, it's a real Midwestern tradition!"

Lunchtime Solutions, Inc.

Creative Solutions to School Food Service