



## 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
<p>3</p> <p><b>No School Parent Teacher Conferences</b></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 &amp; 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. Pizza Hut Pizza  B. Breaded Pork Sandwich Steamed Carrots </p>
<p>10</p> <p>A. Homestyle Meatloaf  B. Baked Chicken Nuggets Mashed Potatoes &amp; 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 <i>Chef Prepared Entrée</i></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 &amp; Cheese  B. Pizza  Steamed Broccoli </p>
<p>17</p> <p><u>Breakfast for Lunch</u> A. Pancakes and Sausage B. Baked Spicy Chicken Sandwich Baked Tri-Tator Hashbrown</p>	<p>18</p> <p>A. Homestyle Beef &amp; Cheese Enchilada Hotdish  B. Hot Dog Whole Grain Rice  Homemade Rice Krispie Treat</p>	<p>19</p> <p><b>A. New to the Menu!</b> 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 &amp; Cheese Sandwich Green Beans  Fresh Baked Cinnamon Breadstick</p>	<p>21</p> <p>A. Fresh Baked Pizza  B. Toasted Cheese Sandwich with Tomato Soup  Golden Corn </p>
<p>24</p> <p>A. Homestyle Scalloped Potatoes &amp; 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 &amp; Gravy  (over Mashed Potatoes) B. Baked Chicken Nuggets Mashed Potatoes &amp; Gravy Fresh Baked Dinner Roll</p>	<p>28</p> <p><b>No School Fall Break</b></p>
<p>31</p> <p>A. Homestyle Chicken &amp; Noodles  B. Baked Breaded Beef Fingers Mashed Potatoes &amp; Gravy Halloween Cookie </p>			<p><b>NEW to the Menu! -&gt;</b></p>	<p><b>Mojo Sandwich!!</b> Tender 100% pure ground beef simmered with a special blend of seasonings is served on a bakery fresh bun with cheese and dill pickle slices. It's a real Midwestern tradition!"</p>

### Meal Prices

MS Lunch \$2.25  
HS Lunch \$2.25  
Adult Lunch \$2.75  
Reduced \$0.40

Applications for Free and reduced 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 Pizza Hut Pizza \$1.75  
Extra Milk \$ .40  
Bottled Water \$1.00



### 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>

### Chef Prepared Entrée Tues. October 11th

#### Thai Noodles with Chicken

Chef Keith will be preparing tender white meat chicken tossed with colorful fresh vegetables and al dente linguine pasta in a spicy Thai sauce. 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.