

COLUMBUS ELEMENTARY SCHOOLS



MY LUNCHTIME CHOICES!

LUNCH MENU - OCTOBER 2017

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



Each student is required to have 1/2 cup of fruits or vegetables on their tray.

Look for the Farmer's Market Logo on this month's menu for the featured Farmers Market selection.



Learn more about this month's Selection on the poster in the dining area or at:

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

Choose it - Try it!

Students MUST have at least 1/2 cup of a fruit or a vegetable on their tray. If you always skip the fruits and veggies – Don't fight it! – You'll learn to LOVE it! You have lots of choices for fruits and veggies every day, so choose something you like, or try something new! Benefits? A better lunch, more stamina for the day, and a healthier life!






Lunch Meal Prices & Extras

ES Lunch	\$2.55	Extra Entrée	\$1.80
Adult Lunch	\$3.60	Extra Milk	\$0.45

Questions or comments: Contact Bryce Bonet, Food Service Director (402)563-7055 or b.bonet@lunchtimesolutions.com

Applications for Free and Reduced Price meals are available in the school office.
Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
2 A. Sloppy Joe B. French Toast Sticks and Sausage Potato Triangle	3 A. Home-style Golden Macaroni & Cheese B. Buffalo Ranch Chicken Wrap Peas Carnival Cookie	4 A. Home-style Cavatini B. Mini Corn Dogs Green Beans Sugar Cookie	5 A. Home-style Cheese Quesadilla and Beef Enchilada Soup B. Crispy Chicken Sandwich Zesty Black Beans	6 Early Dismissal Elementary ONLY NO LUNCH SERVED
9 A. Home-style Scalloped Potatoes & Dinner Roll B. Cheeseburger Green Beans	10 A. Taco in a Bag B. Hot Dog Chili Lime Corn Cinnamon Bread Stick	11 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich Baked Beans Chocolate Chip Cookie	12 NO SCHOOL	13 NO SCHOOL
16 A. Chicken Fajitas B. Pork Fritter Sandwich Zesty Black Beans	17 A. Beef Stroganoff B. Corn Dog Frosted Cinnamon Roll	18 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Green Beans Gelatin Dessert Fresh Apple 	19 A. Home-style Turkey & Gravy & Dinner Roll B. Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	20 A. Taco Burger B. Pizza Golden Corn Emerson & North Park 
23 A. Orange Chicken over Rice B. BBQ Rib Sandwich Green Beans	24 A. Super Nachos B. Grilled Chicken Sandwich Refried Beans Cinnamon Bread Stick	25 A. Home-style Tater Hot Dish and Dinner Roll B. Hot Dog Mixed Vegetables Chocolate Chip Cookie	26 A. Italian Dunkers with Marinara Sauce B. Cheeseburger Candied Carrots Home-style Coleslaw	27 A. Baked Fish Sandwich B. Pizza Golden Corn West Park, Lost Creek & Centennial 
30 A. Home-style Cheeseburger Soup and Dinner Roll B. Crispy Chicken Sandwich Steamed Carrots	31 A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich Chili Lime Corn Carnival Cookie			

This Institution is an equal opportunity provider and employer.