



## Fruit & Veggie Super Bar®

Included with lunch every day

8 to 10 choices of unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. *Each student is now required to have 1/2 cup of fruits or vegetables on their tray.*



## My Locally Grown Foods!

Look for the Farmer's Market Logo on this month's menu for the featured locally grown.

Learn more about this month's selection on the poster in the dining area or at:  
<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>



## My Choices: Epic Meltdowns A Monthly Featured Entree

Available on the menu day indicated, **Epic Meltdowns** are your classic grilled cheese, elevated to a new level with amped-up ingredients, flavors and tastes. Enjoy!!



## My Choices: Chef Day

Chef Courtney will prepare a special entrée right in front of you. Look for the Chef Demo sign in the lunch area to learn what this month's item will be.

This entrée is available for \$2.25. Fruit & Veggie bar and Milk can each be purchased separately for an additional amount. You must have money in your account or pay cash to choose this entrée.

## Lunch Meal Prices & Extras

MS Lunch	\$2.80	Extra Entrée	\$1.80
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.60	Extra Pizza	\$1.85

## Comfort Foods: Entrée & Featured Hot Veggie of the Day

Mon	Tue	Wed	Thu	Fri
			1 Hot Pepperoni Sub  Baked Beans Chocolate Chip Cookie	2 Toasted Cheese Sandwich and Tomato Soup Steamed Broccoli
5 Chicken Fajitas  Zesty Black Beans	6 Beef Stroganoff Steamed Broccoli Frosted Cinnamon Roll	7 Spaghetti with Meat Sauce  Green Beans Gelatin Dessert	8 Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	9 Taco Burger  Golden Corn
12 Homestyle Tater Hot Dish & Roll Green Beans Chocolate Chip Cookie	13 Super Nachos  Refried Beans  Cinnamon Breadstick	14 Italian Dunkers with Marinara Sauce Candied Carrots Homestyle Coleslaw	15  <b>NEW RECIPE</b> Orange Chicken over Rice Roasted Vegetables	16 California Lasagna Steamed Broccoli
19 Taquito  BBQ Beans  	20 Epic Meltdown: Nacho Grilled Cheese Green Beans Sugar Cookie 	21 Mini Corn Dogs  Steamed Carrots Chocolate Chip Cookie	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>
26 Cheesy Ham Baked Potato with Dinner Roll  Green Beans	27 Homestyle Buffalo Chicken Pasta Baked Beans Chocolate Chip Cookie	28 Homestyle Chicken Stew over Biscuit  Golden Corn		

**Questions or Comments?** Contact Bryce Bonet, Food Service Director, 402-563-7055 or [b.bonet@lunchtimesolutions.com](mailto:b.bonet@lunchtimesolutions.com)

## My Choices: Hot Grill Sandwich Choices - Every Day

Cheeseburger  
Hot Dog  
Crispy Chicken Sandwich  
Spicy Chicken Sandwich  
Fish Sandwich (February 16th Only)

## My Choices: Fresh Pizza Every Day!!

Cheese available daily

**M** Pepperoni  
**T** BBQ Chicken  
**W** Taco  
**Th** Sausage  
**F** Buffalo Chicken

## My Choices: Sub Station

Fresh Baked Sub Rolls and Toppings



Select your favorite variety of sub and add your choice of toppings, including lettuce, pickles, sliced tomato, sliced red onion, peppers and cucumbers.

## My Choices: Deli Style Wraps & Salads

### Wrap Rotation

**M** Turkey  
**T** Fajita Chicken  
**W** Ham  
**Th** Roasted Chicken  
**F** Tuna Salad

### Salad Rotation

**M** Grilled Chicken  
**T** Chef Salad  
**W** Crispy Chicken  
**Th** Taco Salad  
**F** Southwest

\*All salads include a grain side

Yogurt Parfait with Granola and Goldfish Grahams Available Daily

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

The institution is an equal opportunity employer and provider.