



## 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 meal 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 <b>NO SCHOOL</b>	2 Mexi Tots with Dinner Roll Golden Corn	3 Homestyle Beef Goulash and Garlic Breadstick Green Beans Sugar Cookie	4 Chili Smothered Baked Potato & Dinner Roll Steamed Broccoli	5 Buffalo Chicken Pasta Baked Beans Chocolate Chip Cookie
8 Chicken Fajitas Refried Beans	9 Chicken Nuggets Green Beans Frosted Cinnamon Roll	10 <b>Pasta Bar</b> Chicken Alfredo Spaghetti & Meatballs Garlic Breadstick Golden Corn Gelatin Dessert	11 Baked Breaded Beef Fingers Mashed Potatoes with Gravy	12 Beef & Bean Burrito  Refried Beans
15 <b>NO SCHOOL</b>	16 <b>NO SCHOOL</b>	17 Cuban Hot Dog Steamed Broccoli	18 <b>Epic Meltdown:</b> Meatball Grilled Cheese Golden Corn Chocolate Chip Cookie 	19 Chinese Tacos Steamed Carrots Pineapple Coleslaw Cinnamon Breadstick
22 Ham, Egg & Cheese Biscuit Sandwich Potato Triangle	23 Macaroni & Cheese Steamed Broccoli Carnival Cookie	24 Mini Corn Dogs Green Beans Sugar Cookie	25 Cheese Quesadilla and Beef Enchilada Soup Zesty Black Beans	26 Hot Ham & Cheese Sandwich Golden Corn 
29 Scalloped Potatoes & Ham with Dinner Roll Green Beans	30 Taco in a Bag Chili Lime Corn Cinnamon Breadstick	31 Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy		

**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

## 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 - Grilled Chicken

### Salad Rotation

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

\*All salads include a grain side

Yogurt Parfait w/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.