



## 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.

Featured Item for March  
**Chicken Fried Rice**

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

HS 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 Homestyle Beef Goulash & Garlic Breadstick Green Beans Sugar Cookie	2 Grilled Cheese Sandwich Steamed Broccoli
5 Chicken Fajitas Refried Beans	6 Homestyle Beef Chili & Crackers Green Beans Frosted Cinnamon Roll	7 Baked Breaded Beef Fingers & Dinner Roll Golden Corn	8 <b>NO SCHOOL</b>	9 <b>NO SCHOOL</b>
12 Cajun Chicken Penne and Dinner Roll Green Beans	13 Chicken Florentine Pasta with Dinner Roll Steamed Broccoli	14 Chicken Nuggets Golden Corn Pineapple 'Slaw Cinnamon Breadstick	15 Cuban Hot Dog Mixed Vegetables	16 Italian Dunkers with Marinara Sauce Vegetarian Baked Beans Chocolate Chip Cookie
19 Ham, Egg & Cheese Biscuit Sandwich Potato Triangle	20 Hot Ham & Cheese Sandwich Golden Corn	21 <b>Epic Meltdown</b> Little Italy Grilled Cheese Sandwich Green Beans Sugar Cookie 	22 Cheese Quesadilla & Beef Enchilada Soup Zesty Black Beans	23 Macaroni & Cheese with Dinner Roll Steamed Broccoli Carnival Cookie
26 Hot Pepperoni Sub Baked Beans	27 Toasted Ham & Cheese Sandwich with Tomato Soup Steamed Broccoli <b>Chef Day</b>	28 Baked Ham Slice & Dinner Roll Scalloped Potatoes Green Beans Casserole Sugar Cookie	29 <b>NO SCHOOL</b>	30 <b>NO SCHOOL</b>

**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** Chicken Alfredo *New!*  
**T** BBQ Chicken  
**W** Homestyle Philly *New!*  
**Th** Supreme *New!*  
**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

### Available Daily

**Yogurt Parfait:** Blueberry / Strawberry & Banana  
 (Served with Breadsticks)

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.