

COLUMBUS ELEMENTARY SCHOOLS Lunch Menu *November 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 at (402)563-7055 or via email at 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
	MY LUNCHTIME CHOICES!	1 A. Homestyle Chicken Ranch Pasta and Dinner Roll B. Mini Corn Dogs Green Beans Sugar Cookie	2 A. Breaded Beef Patty and Dinner Roll B. Chicken Nuggets and Dinner Roll Mashed Potatoes and Gravy	3 NO SCHOOL
6 A. Homestyle Chicken Stew over Fresh Baked Biscuit B. Hot Dog Baked French Fries	7 A. Homestyle Buffalo Chicken Pasta B. Cheeseburger Baked Beans Chocolate Chip Cookie	8 A. Homestyle Beef Goulash and Garlic Breadstick B. BBQ Rib Sandwich Green Beans Sugar Cookie	9 A. Cheesy Ham Baked Potato with Dinner Roll B. Grilled Chicken Sandwich Mixed Vegetables	10 A. Mexi Tots with Dinner Roll B. Pizza Golden Corn Emerson & North Park
13 A. Chicken Fajitas B. Corn Dog Refried Beans	14 A. Homestyle Beef Chili and Crackers B. Chicken Nuggets Dinner Roll Green Beans	15 A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich Peas Chocolate Chip Cookie	16 HOLIDAY MEAL A. Roasted Turkey Slice and Dinner Roll B. Baked Beef Fingers & Dinner Roll Mashed Potatoes with Gravy Butternut Squash Holiday Cookie	17 A. Beef & Bean Burrito B. Pizza Steamed Carrots West Park Lost Creek Centennial
20 A. Homestyle Cajun Chicken Penne B. Cheeseburger Green Beans	21 A. Chinese Tacos B. Chicken Nuggets Steamed Carrots Pineapple Coleslaw Cinnamon Bread Stick	22 A. Italian Dunkers with Marinara Sauce B. Teriyaki Chicken Sandwich Golden Corn Chocolate Chip Cookie	23 Thanksgiving Break NO SCHOOL	24 Thanksgiving Break NO SCHOOL
27 A. Sloppy Joe B. Ham, Egg and Cheese Biscuit Potato Triangle	28 A. Homestyle Golden Macaroni & Cheese B. Buffalo Ranch Chicken Wrap Peas Carnival Cookie	29 A. Homestyle Cavatini B. Mini Corn Dogs Green Beans Sugar Cookie	30 A. Homestyle Cheese Quesadilla & Beef Enchilada Soup B. Crispy Chicken Sandwich Zesty Black Beans	

This Institution is an equal opportunity provider and employer.