



## 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 Ryan 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

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 Chili with Crackers Green Beans Cinnamon Roll	2 Spaghetti with Breadstick Peas Gelatin Dessert	3 Steak Fingers with Dinner Roll Tater Tots	4 Beef & Bean Burrito Steamed Broccoli
7 <b>NO SCHOOL</b>	8 Chicken Nuggets Steamed Carrots Pineapple Coleslaw Cinnamon Breadstick	9 Italian Dunkers with Marinara Golden Corn Chocolate Chip Cookie <b>Chef Day</b>	10 Cajun Chicken Penne Steamed Broccoli	11 Cuban Hot Dog Green Beans
14 Ham, Egg & Cheese Biscuit Sandwich Potato Triangle	15 Macaroni & Cheese with Dinner Roll Steamed Broccoli Carnival Cookie	16 Hot Ham & Cheese Sandwich Golden Corn	17 Cheese Quesadilla with Beef Enchilada Soup Zesty Black Beans	18 Pizza Pasta Bake with Garlic Breadstick Green Beans Fresh Baked Sugar Cookie
21 Homestyle Scalloped Potatoes & Ham with Dinner Roll Green Beans	22 Taco in a Bag Chili Lime Corn Cinnamon Breadstick	23 Hot Pepperoni Sub Baked Beans Chocolate Chip Cookie	24 Chicken Nuggets with Dinner Roll Mashed Potatoes with Gravy	25 Toasted Ham & Cheese Sandwich with Tomato Soup Steamed Broccoli
28 <b>NO SCHOOL</b>	29 Beef Stroganoff with Dinner Roll Golden Corn Fresh Baked Cinnamon Roll	30 Homestyle Spaghetti Green Beans Gelatin Dessert	31 Chicken Fajitas Zesty Black Beans	

**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  
**T** BBQ Chicken  
**W** Homestyle Philly  
**Th** Supreme  
**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

### 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.*