

Fruit & Veggie 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 Mitch 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. The Fruit and 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	\$2.85	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.55	Extra Branded Pizza	\$1.75
Adult ONE TRIP Fruit & Veggie Bar			\$1.75


Menus Subject to change without notice.



Comfort Foods: Entrée & Featured Hot Veggie of the Day

Mon	Tue	Wed	Thu	Fri
Nacho Cheese Grilled Cheese  Seasoned taco meat with all the fix ins stuffed inside a gooey grilled cheese.			1 Hot Pepperoni Sub Baked Beans Chocolate Chip Cookie	2 Toasted Ham & Cheese Sandwich & Tomato Soup Mixed Vegetables
5 Chicken Fajitas Zesty Black Beans	6 Beef Stroganoff with Dinner Roll Peas Frosted Cinnamon Roll	7 Chicken Nuggets and Dinner Roll Mashed Potatoes with Gravy	8 Spaghetti with Meat Sauce & Garlic Breadstick Green Beans Gelatin Dessert	9 Taco Burger Golden Corn
12 Orange Chicken over Rice Green Beans	13 Epic Meltdown: Nacho Grilled Cheese Refried Beans Cinnamon Bread Stick 	14 Italian Dunkers with Marinara Sauce Candied Carrots Coleslaw	15 Home-style Tater Hot Dish & Roll Roasted Mixed Vegetables Cookie 	16 Baked Fish & Cheese Sandwich Golden Corn
19 Home-style Cheeseburger Soup and Roll Steamed Carrots Chef Day	20 Soft Shell Tacos Chili Lime Corn Animal Crackers	21 Breaded Beef Patty and Roll Mashed Potatoes with Gravy	22 Hot Ham & Cheese Sandwich BBQ Beans Sugar Cookie	23 Home-Style Tuna & Noodles Peas
26 Home-style Chicken Stew over Biscuit Baked French Fries	27 Home-style Buffalo Chicken Pasta and Roll Baked Beans Chocolate Chip Cookie	28 Cheesy Ham Baked Potato with Dinner Roll Mixed Vegetables	Chicken Florentine Chef Day Italian classic – sautéed tender chicken tossed with spaghetti, spinach, diced tomatoes and garlic with a touch of red pepper flakes.	

Questions or Comments? Contact Mitch Novak, Food Service Director at 402-363-9169 or m.novak@lunchtimesolutions.com

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My Choices: Hot Grill Sandwich Choices - Every Day

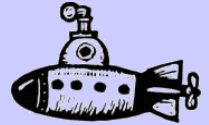
- Cheeseburger
- Hot Dog
- Crispy Chicken Sandwich
- Spicy Chicken Sandwich

My Choices: Fresh Pizza Every Day!!

- Cheese available daily
- M - Pepperoni or Beef
 - T - Hot Hawaiian or Taco
 - W - Sausage or Beef
 - Th - BBQ Chicken or Breakfast
 - F - Supreme or Buffalo Ranch

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

Deli Meat, Cheese and Fresh Veggies in a soft regular or tomato basil tortilla.

- Monday - Combo
- Tuesday - Fajita Chicken
- Wednesday - Turkey
- Thursday - Ham
- Friday - Grilled Chicken

My Choices: Power Lunch Salads



- Monday Grilled Chicken Salad
- Tuesday Southwest Salad
- Wednesday Chef Salad
- Thursday Taco Salad
- Friday Crispy Chicken Salad



My Choices: Vegetarian

- M-W Vegetarian Salad w/ Breadsticks
- T-Th-F Fruit, Yogurt & Cheese Plate w/ Breadsticks
- M-F Uncrustable, String Cheese & Breadsticks