



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>

Other Entrée Choices Available Daily:

C. Sub/Salad/Sandwich Entrées

M-W Sub Sandwich Choice
T-Th Entree Salad Choice
F Sandwich Choice

Choices vary. See menu board for details.

D. Deli Wrap Entrées E. Vegetarian Entrées

M Combo Deli Wrap
T Fajita Chicken Wrap
W Turkey Deli Wrap
Th Ham Deli Wrap
F Grilled Chicken


M-W Vegetarian Salad
T-Th Fruit, Yogurt & Cheese Plate
F Cottage Cheese Fruit Plate
 All E. include breadsticks

Lunch Meal Prices & Extras

MS/HS Lunch	\$2.20	Extra Entrée	\$1.65
Adult Lunch	\$2.90	Extra Milk	\$0.45
Pizza Hut Pizza	\$1.85		

Questions or Comments? Debbie Farr at 816-390-3510 or D.Farr@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
<p>Happy Holidays</p> <p>On December 6th we will be...Dashing through the snow, with a spatula in our hand. Hams roasting perfectly, and dinner rolls are all panned.</p> 				<p>1 A. Hot Ham & Cheese Sandwich B. Pizza</p> <p>Golden Corn</p>
<p>4 A. Home-style Chicken Ranch Pasta and Dinner Roll B. Cheeseburger</p> <p>Green Beans</p>	<p>5 A. Taco in a Bag B. Hot Dog</p> <p>Chili Lime Corn Cinnamon Bread Stick</p>	<p>6 A. Baked Ham Slice and Dinner Roll B. Chicken Nuggets and Dinner Roll</p> <p>Scalloped Potatoes Home-style Green Bean Casserole Holiday Cookie</p>	<p>7 A. Hot Pepperoni Sub B. Grilled Chicken Sandwich</p> <p>Baked Beans</p>	<p>8 A. Toasted Cheese Sandwich and Tomato Soup B. Pizza</p> <p>Mixed Vegetables</p>
<p>11 A. Chicken Fajitas B. Pork Fritter Sandwich</p> <p>Zesty Black Beans</p>	<p>12 A. Beef Stroganoff B. Corn Dog</p> <p>Peas Frosted Cinnamon Roll</p>	<p>13 A. Home-style Turkey & Gravy and Dinner Roll B. Chicken Nuggets and Dinner Roll</p> <p>Mashed Potatoes with Gravy</p>	<p>14 A. Spaghetti with Meat Sauce B. Crispy or Spicy Chicken Sandwich</p> <p>Green Beans Gelatin Dessert</p>	<p>15 A. Taco Burger B. Pizza</p> <p>Golden Corn</p>
<p>18 A. Italian Dunkers with Marinara Sauce B. Cheeseburger</p> <p>Green Beans Home-style Coleslaw</p>	<p>19 A. Home-style Tater Hot Dish and Dinner Roll B. Hot Dog</p> <p>Mixed Vegetables Chocolate Chip Cookie</p>	<p>20 A. Super Nachos B. Grilled Chicken Sandwich</p>  <p>Refried Beans Rhubarb Crisp</p>	<p>21</p>  <p>22</p>	
25	26	27	28	29