

### Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal every day.



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	\$2.10	Extra Entrée	\$1.65
Adult Lunch	\$2.90	Extra Milk	\$0.45

#### Questions or comments:

Contact Debbie Farr at 816-390-3510 or [D.Farr@lunchtimesolutions.com](mailto: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><b>Happy Holidays</b> On <b>December 6th</b> 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 &amp; 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 &amp; 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 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>from your Lunchtime Solutions food service staff</p> <p>22</p>	
25	26	27	28	29