



MY LUNCHTIME CHOICES!

Fruit & Veggie Bar & Milk Choices

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



Healthy Cool Choices Everyday

Entree Salad
Homemade Sub
Fruit Yogurt

Featured Twice Monthly

Pizza Ranch Pizza
One slice is included with the meal for High School. Extra slices are available for \$1.75



Entree Notes:

Vegetarian
Homestyle/Scratch
Good Source of Fiber

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>NO SCHOOL </p>	<p>3</p> <p>NO SCHOOL </p>	<p>4</p> <p>A. Hot Dog B. Chili Smothered Baked Potato Baked Beans </p>	<p>5</p> <p>A. Homestyle Lasagna B. Baked Crispy Chicken Sandwich Green Beans Fresh Baked Breadstick</p>	<p>6</p> <p>A. Pizza Pizza Ranch (HS) B. Beef & Bean Burrito Steamed Carrots </p>
<p>9</p> <p>A. Golden Macaroni & Cheese B. Hamburger or Cheeseburger Green Beans </p>	<p>10</p> <p>A. Fajita B. Fresh Baked Bread Sticks with Meat Sauce Marinated Black Bean Salad Fresh Baked Chocolate Chip Cookie</p>	<p>11</p> <p>A. MS/HS - Chicken Dinner Bowl ES - Baked Chicken Nuggets B. Country Fried Steak Mashed Potatoes & Gravy</p>	<p>12</p> <p>A. Homestyle Beef Chili B. Baked Corn Dog Steamed Broccoli Fresh Baked Cinnamon Roll </p>	<p>13</p> <p>A. Grilled Chicken Sandwich B. Pizza Peas </p>
<p>16</p> <p>NO SCHOOL </p>	<p>17</p> <p>A. Taco Burger B. Hot Dog Baked Mexi Tots</p>	<p>18</p> <p>A. Homestyle Ham & Beans with Golden Cornbread B. Baked Crispy Chicken Sandwich (M/HS-Spicy) Peas </p>	<p>19</p> <p>A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich Green Beans Fresh Baked Cinnamon Breadstick</p>	<p>20</p> <p>A. Pizza Pizza Ranch (HS) B. MoJo Sandwich Golden Corn </p>
<p>23</p> <p>A. Creamy Chicken Stew B. Hamburger or Cheeseburger Mixed Vegetables </p>	<p>24</p> <p>A. Taco in a Bag B. Hot Pepperoni Sub Golden Corn Fresh Baked Sugar Cookie</p>	<p>25</p> <p>A. Homestyle BBQ Pork Sandwich B. Baked Mini Corn Dogs Baked Beans </p>	<p>26</p> <p>A. Beef & Gravy (over Mashed Potatoes) B. Baked Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll</p>	<p>27</p> <p>A. Homestyle Burrito B. Pizza Tortilla Chips & Salsa </p>
<p>30</p> <p>A. New to the Menu! Skillet Cheeseburger Mac B. Baked Crispy Chicken Sandwich Golden Corn </p>	<p>31</p> <p>A. Super Nachos B. Baked Breaded Fish Sandwich Refried Beans </p>			

Meal Prices

ES Lunch	\$2.15
MS Lunch	\$2.25
HS Lunch	\$2.25
Adult Lunch	\$2.85

Applications for Free and reduced meals are available at the school office.

Extras Available

Extra Entrée	\$1.50
Extra Pizza Ranch Pizza	\$1.75
Extra Milk	\$.40

Questions Comments

Contact Rhonda Galles,
Food Service Director at
605-670-9502 or
rhonda@lunchtimesolutions.com

FARMERS MARKET SELECTIONS



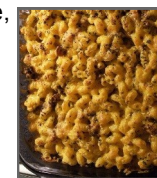
January Selection: Beef

Discover the nutritional benefits of Beef on the poster in the dining area or at:
<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

New To The Menu

Announcing Skillet Cheeseburger Mac!

"There is nothing better than Macaroni and Cheese, except when we add 100% pure All American ground beef to it! This hearty comfort food is a new home-style favorite. Let us know what you think!"



Lunchtime Solutions, Inc.

Creative Solutions to School Food Service®