




Central Lyon Menu September 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<h1>SEPTEMBER</h1>				<p>Fun Food Facts:</p> <p>Broccoli contains twice the vitamin C of an orange.</p> <p>Neither Strawberries, blackberries, nor raspberries are actual berries.</p> <p>A bunch of bananas is called a hand.</p>
<p>3</p> <p style="text-align: center;">Labor Day</p> <p style="text-align: center;">No School</p> 	<p>4 Breakfast Cheese Omelet Toast Peanut Butter or Jelly Fruit Milk/Juice</p> <p>Lunch Salisbury Steak Dinner Roll Mashed Potatoes Gravy or Butter Green Beans Peaches Milk</p>	<p>5 Breakfast Waffles Syrup Sausage Links Fruit Milk/Juice</p> <p>Lunch Mr. Rib on a Bun Baked Beans Corn Pears Milk</p>	<p>6 Breakfast Cereal Muffin Fruit Milk/Juice</p> <p>Lunch Goulash Romaine Salad Dressing Applesauce Breadstick Milk</p>	<p>7 Breakfast Breakfast Pizza Yogurt Fruit Milk/Juice</p> <p>Lunch Grilled Chicken Patty on a Bun Lettuce Tomato Baby Carrots Ranch Dressing Banana Milk</p>	
<p>10 Breakfast Cereal Grape Crescent Fruit Milk/Juice</p> <p>Lunch Chicken Nuggets (TK-4) Chicken Drumstick (5-12) Mashed Potatoes Gravy or Butter Corn Mandarin Oranges Milk</p>	<p>11 Breakfast Breakfast Boat Yogurt Fruit Milk/Juice</p> <p>Lunch Hot Dog or Chili Dog Tater Tots Broccoli Mixed Fruit Milk</p>	<p>12 Breakfast Pancakes Sausage Patty Fruit Milk/Juice</p> <p>Lunch Fish Shapes TK-4 Fish Sandwich 5-12 French Green Beans Peaches Cookie Milk</p>	<p>13 Breakfast Cereal Muffin Fruit Milk/Juice</p> <p>Lunch Chicken Fajitas Lettuce, Cheese, Salsa Fiesta Black Beans Orange Wedges Milk</p>	<p>14 Breakfast French Toast Bites Syrup Fruit Milk/Juice</p> <p>Lunch Hot Ham and Cheese on a Bun Peas Romaine Lettuce Dressing Grapes Milk</p> 	

BREAKFAST PRICES:

Student: \$1.45

Adult: \$1.60

Second Juice: \$.35

LUNCH PRICES:

Grades TK-5: \$2.15

Grades 6-8: \$2.25

Grades 9-12: \$2.35

Adult: \$3.65

Second Meal: \$3.65

Extra Milk \$.35

BREAKFAST SERVING TIME
IS 7:45 -8:10 A.M.

Menu Items Subject to Change Without Notice. If you have any questions or concerns, please contact Darsha Tuenge, Food Service Supervisor, (712) 472-2664
This institution is an equal opportunity provider.

Salad Bar option available M-Th for 4th-8th grade and M-F 9th-12th

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<p>17 Breakfast Cereal Cinnamon Sugar Toast Fruit Milk/Juice</p> <p>Lunch Creamed Chicken on Biscuits Corn Apple Slices Milk</p> 	<p>18 Breakfast Breakfast Taco Yogurt Fruit Milk/Juice</p> <p>Lunch Ham Patty Cheesy Hash Browns Glazed Carrots Dinner Roll Pineapple Milk</p>	<p>19 Breakfast: Pancake on a Stick Syrup Fruit Milk/Juice</p> <p>Lunch Haystacks Cheese Sauce Refried Beans Baby Carrots Ranch Dressing Pears Milk</p>	<p>20 Breakfast Cereal Muffin Fruit Milk/Juice</p> <p>Lunch Pig in a Blanket Celery Sticks With Peanut Butter Mixed Veggies Peaches Milk</p> 	<p>21 Breakfast Cereal Bar Yogurt Fruit Milk/Juice</p> <p>Lunch Sub Sandwich Lettuce Cheese Green Beans Mixed Fruit Milk</p>	
<p>24 Breakfast Omelet Toast With Cheese Fruit Milk/Juice</p> <p>Lunch BBQ Pulled Pork on a Bun Sweet Potato Fries Broccoli Applesauce Milk</p>	<p>25 Breakfast Cereal Muffin Fruit Milk/Juice</p> <p>Lunch Cheese Quesadilla Cheese Sauce Peas Strawberries Fruit Dip Milk</p>	<p>26 Breakfast French Toast Sticks Sausage Links Fruit Milk/Juice</p> <p>Lunch Breaded Pork Patty Mashed Potatoes Gravy or Butter Corn Mandarin Oranges Milk</p>	<p>27 Breakfast Scrambled Eggs With Cheese Toast Fruit Milk/Juice</p> <p>Lunch Chili Crackers Cinnamon Roll Peaches Milk</p>	<p>28 Breakfast Donut Yogurt Fruit Milk/Juice</p>  <p>Lunch Grilled Cheese Sandwich Tomato Soup Crackers Baby Carrots Ranch Dressing Sidekick Milk</p> <p style="text-align: center;">HOME COMING</p>	