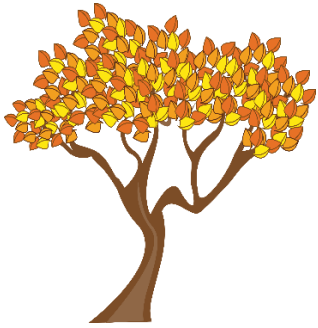


# Central Lyon Lunch Menu – October



## **BREAKFAST PRICES**

Student: Free  
Adult: \$1.90  
Second Juice: \$.40

## **LUNCH PRICES:**

Grades TK-6: \$2.40  
Grades 7-12: \$2.50  
Adult: \$4.85  
Second Full Meal: \$3.00  
Second Entrée: \$2.00  
Extra Milk: \$.040

**BREAKFAST SERVING TIME IS  
7:45-8:10am**

**Menu items are subject to  
change without notice. If you  
have any questions or concerns,  
please contact Darsha Tuenge,  
Food Service Director, at (712)  
472-2664.**

**This institution is an equal  
opportunity employer.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2 Breakfast</b> Cereal & Toast TK-6 Breakfast Bagel 7-12  <b>Lunch</b> Salisbury Steak Mashed Potatoes Green beans Pears Dinner Roll	<b>3 Breakfast</b> Sausage, Egg and Cheese Uncrustable w/ yogurt <b>Lunch</b> Chicken Noodle soup String cheese Carrots Celery w/ ranch Orange wedges	<b>4 Breakfast</b> French Toast Sticks w/ syrup  <b>Lunch</b> Sloppy Joe on a bun Pickles Baked beans Baby carrots Grapes	<b>5 Breakfast</b> Cereal or Muffin TK-6 Breakfast Pizza 7-12  <b>Lunch</b> Mr Rib on a bun Corn Broccoli w/ ranch Mixed Fruit	<b>6 Breakfast</b> Breakfast Bagel Yogurt <b>Lunch</b> Chili Crispos Lettuce w/ dressing Peas Peaches Jelly Sandwich K-2
<b>9</b>  <b>Columbus Day</b>  <b>No School</b>	<b>10 Breakfast</b> Cereal & Toast K-6 Cream Cheese Bagel w/ Yogurt 7-12  <b>Lunch</b> Hot Ham and Cheese on a bun Carrots w/ ranch Broccoli Pineapple	<b>11 Breakfast</b> Pancakes & Syrup Sausage patty 7-12 <b>Lunch</b> Popcorn Chicken w/ Mashed potatoes TK-6 Orange Chicken and Rice 7-12 California Medley Applesauce Sandwich 7-12	<b>12 Breakfast</b> Scrambled Eggs w/ bacon & Cheese Hash brown patty Toast <b>Lunch</b> Hot Dog on a bun Corn Broccoli w/ ranch Pears	<b>13 Breakfast</b> Donut Yogurt  <b>Lunch</b> Cheese Quesadilla Black beans Romaine lettuce w/ Dressing Juice cup Sandwich 9-12
<b>16 Breakfast</b> Cereal & Toast TK-6 Breakfast Pizza 7-12  <b>Lunch</b> Chili & Chips Corn Baby carrots Pears Sandwich 7-12	<b>17 Breakfast</b> Egg & Cheese Omelet Toast  <b>Lunch</b> Grilled Cheese Sandwich Peas Carrots & Celery Peaches	<b>18 Breakfast</b> Waffles w/Syrup Sausage patty  <b>Lunch</b> Breaded Chicken Patty w/ mashed potatoes Gravy or butter Baked beans Orange wedges Sandwich	<b>19 Breakfast</b> Cereal or Muffin Yogurt  <b>Lunch</b> Pancakes & Syrup Sausage patties Green beans Baby carrots w/ ranch Apple slices	<b>20 Breakfast</b> Cream Cheese Bagel or Pop tart Yogurt <b>Lunch</b> Tacos w/ lettuce & cheese Mixed veggies Mandarin Oranges Salsa 5-12



### **BREAKFAST PRICES**

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 Adult: \$1.90  
 Second Juice: \$.40

### **LUNCH PRICES:**

Grades TK-6: \$2.40  
 Grades 7-12: \$2.50  
 Adult: \$4.85  
 Second Full Meal: \$3.00  
 Second Entrée: \$2.00  
 Extra Milk: \$0.40

**BREAKFAST SERVING TIME IS  
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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>23 Breakfast</b> Cereal & Toast TK-6 Breakfast Pizza 7-12 <b>Lunch</b> Meatball Sub Mozzarella cheese Baby carrots w/ ranch Green beans Pears	<b>24 Breakfast</b> Breakfast Bagel Yogurt <b>Lunch</b> Chicken Strips w/ mashed potatoes Gravy or butter Corn Orange wedges	<b>25 Breakfast</b> Sausage & Pancake Wrap Syrup <b>Lunch</b> Hamburger on a bun Tater Tots Baked beans Grapes	<b>26 Breakfast</b> Pop tart or Cereal bar Yogurt <b>Lunch</b> Spaghetti w/ meat sauce Lettuce & dressing Garlic Toast Applesauce	<b>27 Breakfast</b> Breakfast Pizza Yogurt <b>Lunch</b> Taco in a bag w/ lettuce & cheese Corn Carrots & ranch Pineapple Salsa 4-12
Hot Lunch Week/ Book Fair				
<b>30 Breakfast</b> Cereal & Toast <b>Lunch</b> Haystacks w/ Cheese sauce Peas Baby Carrots Apple Slices Sandwich 7-12	<b>31 Breakfast</b> Egg & Cheese Biscuit Yogurt <b>Lunch</b> Pizza Lettuce & dressing Green beans Juice Cup Cookie Halloween			

**All breakfasts are served with milk, juice, and fruit.  
 All lunches are served with 1% white or fat free chocolate milk.**