

# Central Lyon Menu October 2021



## BREAKFAST PRICES:

Student:	Free
Adult:	\$1.70
Second Juice:	\$ .35

## LUNCH PRICES:

Grades TK-6	Free
Grades 7-12:	Free
Adult:	\$3.95
Second Entrée:	\$2.00
Extra Milk	\$ .35

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
					<b>1 Breakfast</b> Donut Yogurt  <b>Lunch</b> Taco in a Bag w/ Lettuce & cheese Fiesta black beans Apple Slices Salsa 7-12 
	<b>4 Breakfast</b> Cereal Bar & Yogurt TK-6 Breakfast Pizza 7-12  <b>Lunch</b> Ham Patty Cheesy Hash Browns Green beans Dinner roll Mixed Fruit	<b>5 Breakfast</b> Ham, Egg & Cheese Breakfast Bar  <b>Lunch</b> Fish Sticks w/ SmilesK-4 Fish Sandwich w/ Fries 7-12 Peas Mandarin Oranges	<b>6 Breakfast</b> Pancake on a stick w/ syrup  <b>Lunch</b> Goulash Breadstick Romaine lettuce w/ dressing Pears	<b>7 Breakfast</b> Cereal or Poptart TK-6 Cereal w/ toast or muffin 7-12  <b>Lunch</b> Chili & Crackers String Cheese 7-12 Cinnamon Roll Carrots & Celery Applesauce	<b>8 Breakfast</b> Breakfast Pizza Yogurt  <b>Lunch</b> Hamburger on a bun Sweet Potato Fries Corn Pineapple
	11  <h2 style="text-align: center;">NO SCHOOL</h2> <h2 style="text-align: center;">PROFESSIONAL</h2> <h2 style="text-align: center;">DEVELOPMENT</h2> <h2 style="text-align: center;">DAY</h2>	<b>12 Breakfast</b> Breakfast Wrap Yogurt  <b>Lunch</b> Breaded Pork patty Mashed potatoes & butter Baked beans Peaches Sandwich 7-12	<b>13 Breakfast</b> French Toast Sticks And Syrup  <b>Lunch</b> Chicken Casserole String cheese Sandwich Carrots Sliced Oranges	<b>14 Breakfast</b> Cereal & Toast TK-6 Cereal & Toast or Poptart 7-12 <b>Lunch</b> Italian Dunkers w/ Meat sauce Romaine lettuce w/ dressing Applesauce	<b>15 Breakfast</b> Breakfast sandwich Yogurt  <b>Lunch</b> Corn Dog Corn Broccoli w/ ranch Mixed Fruit Sandwich 7-12

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 Director,  
(712) 472-2664  
**This institution is an equal  
opportunity provider.**

**All Breakfasts served with milk, Juice and Fruit.  
All Lunches served with 1% White or Fat free Chocolate Milk  
All Bread and buns are 100% Whole grain rich.**



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<p><b>18</b> <b>Breakfast</b> Cereal &amp; Muffin</p> <p><b>Lunch</b> Tacos Lettuce &amp; Cheese Refried beans Pears Salsa 7-12</p>	<p><b>19</b> <b>Breakfast</b> Scrambled Eggs w/ Bacon &amp; Cheese Toast</p> <p><b>Lunch</b> Chicken Noodle Soup w/ crackers String cheese Broccoli Pineapple Sandwich 7-12</p>	<p><b>20</b> <b>Breakfast:</b> Pancakes w/ syrup Yogurt</p> <p><b>Lunch</b> Chicken Strips Mashed potatoes Carrots Apple slices TK-6 Apple 7-12 Sandwich 7-12</p>	<p><b>21</b> <b>Breakfast</b> Cereal Bar &amp; Yogurt TK-6 Breakfast Pizza 7-12</p> <p><b>Lunch</b> Weiner Winks Broccoli w/ ranch Green beans Peaches</p>	<p><b>22</b> <b>Breakfast</b> Cinnamon Roll Yogurt</p> <p><b>Lunch</b> Sloppy Joe Pickles Potato wedges Corn Mandarin Oranges</p>
<p><b>25</b> <b>Breakfast</b> Cereal &amp; Toast TK-6 Breakfast Pizza</p> <p><b>Lunch</b> Salisbury Steak Mashed potatoes &amp; butter Baked beans Mixed Fruit Sandwich</p>	<p><b>26</b> <b>Breakfast</b> Omelet w/ cheese Toast</p> <p><b>Lunch</b> Hot Dog Corn Chips Grapes</p>	<p><b>27</b> <b>Breakfast</b> Waffles &amp; Syrup Sausage links</p> <p><b>Lunch</b> Hot Ham &amp; cheese on a bun Green Beans Baby carrots Applesauce</p>	<p><b>28</b> <b>Breakfast</b> Cereal &amp; Muffin</p> <p><b>Lunch</b> Scalloped Potatoes And Ham Broccoli Sandwich Pears</p>	<p><b>29</b> <b>Breakfast</b> Breakfast Pizza Yogurt</p> <p><b>Lunch</b> Quesadilla Romaine lettuce w/ dressing Sidekick Sandwich 7-12</p>

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**All Lunches** served with 1% White or Fat Free Chocolate Milk.

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