



Central Lyon Menu October 2022

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Breakfast Cereal & Toast TK-6 Breakfast Bagel 7-12	4 Breakfast Scrambled Eggs w/ toast and Hash brown patty	5 Breakfast Waffles & syrup Sausage patty	6 Breakfast Cereal or Donut TK-6 Breakfast Pizza 7-12	7 Breakfast Mini Cinni's Yogurt	
Lunch Salisbury Steak Mashed potatoes Peas Peaches Dinner Roll	Lunch Softshell Tacos Lettuce & Cheese Corn Pineapple Salsa 4-12 	Lunch Chicken strips Mashed potatoes Butter Carrots Apple Slices Sandwich 7-12	Lunch Sloppy Joe on a bun Baby carrots Green Beans Grapes	Lunch Chili Crispito Refried beans Romaine dressing w/ Dressing Juice Cup Sandwich 7-12	
	National Taco Day				
10	11 Breakfast Cereal & Toast TK-6 Breakfast Bagel 7-12	12 Breakfast Pancakes w/ syrup	13 Breakfast Breakfast Pizza Yogurt	14 Breakfast Mini Donuts Yogurt	
NO SCHOOL	Lunch Mr Rib on a bun Corn Carrots & Celery w/ ranch Mixed Fruit	Lunch Popcorn chicken w/ mashed potatoes TK-6 Beef Burrito w/ Spanish Rice 7-12 Mixed Veggies Pears Sandwich	Lunch Hamburger on a bun Hash brown patty Baked Beans Apple Slices  Great Apple Crunch Day	Lunch Hot Ham & Cheese on a bun Broccoli Carrots w/ ranch Grapes	
17 Breakfast Cereal w/ Toast TK-6 Cereal or Donuts 7-12	18 Breakfast Egg & Sausage Bites Yogurt	19 Breakfast French toast sticks & Syrup	20 Breakfast Cereal or Muffin TK-6 Breakfast Pizza 7-12	21 Breakfast Cinnamon Roll Yogurt	
Lunch Chicken Nuggets Mashed potatoes Gravy or butter Corn Applesauce Sandwich 7-12	Lunch Chili & Cinnamon Roll Carrots & Celery w/ ranch dressing Juice Cup	Lunch Grilled Cheese Sandwich Peas Broccoli w/ ranch dressing Banana	Lunch Meatball Sub Mozzarella cheese Romaine lettuce w/ dressing Green beans Orange wedges	Lunch Weiner Winks Baby carrots Baked beans Peaches	

BREAKFAST PRICES:

Student: \$1.60

Adult: \$1.90

Second Juice: \$.40

LUNCH PRICES:

Grades TK-6 \$2.40

Grades 7-12: \$2.50

Adult: \$4.15

Second Meal: \$4.15

Extra Milk \$.40

**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 1% White Milk or Chocolate 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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Adult:	\$1.90
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<p>24 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12</p> <p>Lunch Haystacks w/ cheese sauce Corn Baby carrots Mandarin Oranges Sandwich 7-12</p>	<p>25 Breakfast Breakfast Bagel Yogurt</p> <p>Lunch Grilled chicken patty on a bun Jumbo tots Broccoli Strawberries</p>	<p>27 Breakfast: Pancake on a stick w/ Syrup</p> <p>Lunch Lasagna Garlic Toast Romaine lettuce w/ dressing Apple Slices</p>	<p>28 Breakfast Cereal or Muffin Yogurt</p> <p>Lunch Pancakes w/ syrup sausage patty Carrots Broccoli w/ ranch Banana</p>	<p>29 Breakfast Dutch Waffle Yogurt</p> <p>Lunch Pizza Green beans Peaches Sandwich</p> <div style="text-align: center;">  </div>
<p>31 Breakfast Cereal & Toast TK-6 Breakfast Bagel 7-12 Lunch Taco in a Bag Lettuce & Cheese Refried beans Baby carrots Orange wedges Cookie HALLOWEEN</p>				

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