



CENTRAL LYON MENU ~ SEPTEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

LUNCH

BREAKFAST

LUNCH

BREAKFAST

LUNCH

7

NO

SCHOOL

LABOR DAY

1

Cereal
Toast

Meatball Sub
w/ Mozzarella

Romaine Lettuce
w/ Ranch, Broccoli &
Cinnamon

Applesauce

2

Blueberry Waffles &
Syrup
Yogurt

Mr Ribb on a Bun

Green Beans

Broccoli w/ Ranch

Pineapple

3

Scrambled Eggs
Toast

Beef & Bean Nachos

Steamed Corn

Baby Carrots

Orange Wedges

Sandwich 7-12

4

Mini Cinni
Yogurt

Chicken Fajita Bowl

Rice

Black Beans

Corn Salsa

Mandarin Oranges

7

NO

SCHOOL

LABOR DAY

8

Muffin
Yogurt

Stuffed Crust Pizza

Mixed Vegetables

Broccoli w/ Ranch

Strawberry Cup

9

Pancake and
Sausage Bites w/ Syrup
Waffles & Syrup

Lyon County Pork Producers:

Smoked Pork Loin
on a Bun

Twister Fries

Baked Beans

Peaches

10

Breakfast Taco
Yogurt

Spaghetti w/ Meat
Sauce

Romaine Lettuce

Garlic Toast

Pears

11

Cereal
Toast

Salisbury Steak

Herb Cheddar Mashed
Potatoes

Baby Carrots w/ Ranch

Fruit Cocktail

14

Cinnamon Toast
Waffle w/ Syrup
Yogurt

Chili and Chips

Fiesta Corn

Broccoli w/ Ranch

Pineapple

15

Breakfast Sandwich
Yogurt

Sloppy Joe on a Bun

Pickles

Chips

Green Beans

Mixed Fruit

16

French Toast Sticks &
Syrup w/ Sausage Link

Corn Dog

Tater Tots

Baby Carrots
w/ Ranch

Raspberry

Applesauce

17

Cheese Omelet
Toast

Tacos

w/ Lettuce & cheese

Black beans

Corn

Pineapple

18

Dutch Waffle
Yogurt

Italian Dunkers w/
Meat sauce

California Vegetables

Salad w/ Dressing

Pears

BREAKFAST PRICES:

Student: Free

Adult: \$1.90

Second Juice: \$.40

LUNCH PRICES:

Grades TK-6: \$2.40

Grades 7-12: \$2.50

Adult: \$5.25

Second Entrée: \$2.50

Extra Milk: \$.40

BREAKFAST SERVING
TIME IS
7:45am - 8:05 am

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

This institution is an equal
opportunity employer.

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



CENTRAL LYON MENU ~ SEPTEMBER 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

21 Breakfast Bowl (Potato Tots, Eggs, Bacon & Cheese) Grilled Cheese Sandwich Broccoli w/Ranch Baked Beans Apple Slices Cookie	22 Donut Yogurt Chicken Nuggets w/BBQ Sauce Roasted Potatoes Green Beans Pears	23 Breakfast Pizza Yogurt Hamburger on a Bun Sweet Potato Tots Carrots w/Ranch Peaches	24 Cereal Toast Sub Sandwich w/ Lettuce, Tomato, Pickle & Cheese Baked Chips Cucumbers w/Ranch Orange Wedges	25 Bacon, Egg and Cheese Bites w/ Toast Taco Burger Romaine Lettuce w/ Dressing Red Pepper Strips Fruit Cocktail
28 Strawberry Cream Cheese Bagel Yogurt Pizza Cruncher w/ Marinara Romaine Lettuce Corn Craisins	29 Scrambled Eggs Hashbrown Patty Toast Goulash Breadstick Carrots w/Ranch Broccoli Grapes	30 Cereal Toast Chili Crisпитos Romaine Lettuce Peas Raspberry Applesauce Sandwich K-3		

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