



CENTRAL LYON MENU ~ SEPTEMBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

LUNCH

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LUNCH

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LUNCH

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 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.

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

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



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BREAKFAST

LUNCH

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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 Crispitos
Romaine Lettuce
Peas
Raspberry Applesauce
Sandwich K-3

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