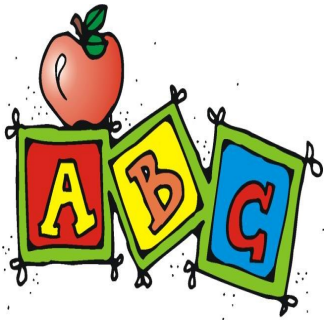


# Central Lyon Menu September 2021



## 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

**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.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<b>1 Breakfast</b> Pancakes & Syrup  <b>Lunch</b> Chicken Nuggets Hash Brown patty Corn Mandarin Oranges <i>Sandwich 7-12</i>	<b>2 Breakfast</b> Cereal & Toast TK-6 <i>Breakfast Pizza 7-12</i>  <b>Lunch</b> Goulash Garlic toast Romaine lettuce w/ dressing Peaches	<b>3 Breakfast</b> Mini Cinni's or Poptart Yogurt  <b>Lunch</b> Mr Rib on a bun Peas Baby carrots w/ ranch Apple
<b>6</b> <b>LABOR DAY</b>   <b>NO SCHOOL</b>	<b>7 Breakfast</b> Scrambled Eggs Toast  <b>Lunch</b> Creamed Chicken on Biscuits Carrots Green Beans Pineapple	<b>8 Breakfast</b> Pancake on a stick w/ syrup  <b>Lunch</b> Hot Ham & Cheese on a bun Broccoli Baby carrots w/ Ranch Applesauce	<b>9 Breakfast</b> Cereal w/ Toast TK-6 <i>Breakfast Pizza 7-12</i>  <b>Lunch</b> Breaded Pork Patty Mashed potatoes w/ butter Mixed veggies Grapes  <i>Sandwich 7-12</i>	<b>10 Breakfast</b> Dutch Waffle Yogurt  <b>Lunch</b> Cheese Quesadilla Romaine lettuce w/ Dressing Sidekick <i>Sandwich 7-12</i>
<b>13 Breakfast</b> Cereal w/ Toast TK-6 <i>Breakfast Boat 7-12</i>  <b>Lunch</b> Chili & Chips String Cheese Baby carrots w Ranch Pears <i>Sandwich 7-12</i>	<b>14 Breakfast</b> Breakfast Wrap Yogurt  <b>Lunch</b> Popcorn Chicken w/ Mashed potatoes TK-6 Orange Chicken w/ Rice 7-12 Mixed veggies Applesauce <i>Sandwich 7-12</i>	<b>15 Breakfast</b> Waffles & Syrup Sausage patty  <b>Lunch</b> Ham & Turkey Sub w/ lettuce & Cheese Green Beans Broccoli w/ ranch Peaches	<b>16 Breakfast</b> Cereal & Muffin TK-6 <i>Breakfast Pizza 7-12</i>  <b>Lunch</b> Grilled Cheese Sandwich Broccoli Carrots & Celery w/ ranch Grapes	<b>17 Breakfast</b> Breakfast Pizza Yogurt  <b>Lunch</b> Hot Dog on a Bun Jumbo Tots Romaine lettuce w/ dressing Mandarin Oranges  <b>BEEF BOWL</b>

All Breakfasts served with 1% White Milk or Fat Free Chocolate, Juice and Fruit.  
 All Lunches served with 1% White or Fat Free Chocolate Milk  
 All Bread and Buns are 100% Whole Grain Rich

# Central Lyon Menu September 2021







**BREAKFAST PRICES:**

Student:	Free
Adult:	\$1.70
Second Juice:	\$ .35
<b><u>LUNCH PRICES:</u></b>	
Grades TK-6	Free
Grades 7-12:	Free
Adult:	\$3.95
Second Entrée:	\$2.00
Extra Milk	\$ .35

**BREAKFAST SERVING TIME  
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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>20</b> <b>Breakfast</b> Cereal &amp; Toast TK-6 Breakfast Boat 7-12</p> <p><b>Lunch</b> Beef &amp; Bean Nachos Tater Tots Carrots Strawberry Cup Sandwich 7-12</p> 	<p><b>21</b> <b>Breakfast</b> Breakfast Sliders</p> <p><b>Lunch</b> Chicken Fajitas w/ lettuce &amp; Cheese Refried beans Grape tomatoes Pears</p>	<p><b>22</b> <b>Breakfast:</b> French Toast Sticks w/ Syrup</p> <p><b>Lunch</b> Grilled Chicken Patty On a bun Peas Baby carrots w/ ranch Apple Slices</p>	<p><b>23</b> <b>Breakfast</b> Cereal &amp; Muffin TK-6 Breakfast Pizza 7-12</p> <p><b>Lunch</b> Pancakes w/ syrup Little Smokies Corn Broccoli Banana</p> 	<p><b>24</b> <b>Breakfast</b> Egg &amp; Cheese Biscuit Yogurt</p> <p><b>Lunch</b> Pizza Green beans Romaine lettuce W dressing Grapes Sandwich 7-12</p> 
<p><b>Hot Lunch Week/Book Fair September 27– October 1.</b></p>				
<p><b>27</b> <b>Breakfast</b> Cereal &amp; Toast TK-6 Breakfast Pizza 7-12</p> <p><b>Lunch</b> Meatball Sub w/ Mozzarella cheese Mixed Veggies Sidekick</p>	<p><b>28</b> <b>Breakfast</b> Omelet w/ cheese Toast</p> <p><b>Lunch</b> Chicken Strips Mashed potatoes Gravy or butter Corn Peaches Dinner Roll</p>	<p><b>29</b> <b>Breakfast</b> Pancakes &amp; Syrup</p> <p><b>Lunch</b> Hamburger on a bun Tater Tots Baby carrots w/ ranch Pears</p>	<p><b>30</b> <b>Breakfast</b> Pop Tart or Cereal Bar Breakfast Boat 7-12</p> <p><b>Lunch</b> Spaghetti w/ meat sauce Garlic toast Romaine lettuce w/ dressing Applesauce</p>	

**All Breakfasts** served with 1% White or Fat Free 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